



IT'S TIME TO START THINKING ABOUT YOUR ANNUAL BENEFITS!

Tackle joint and muscle pain where you need it most

With Hinge Health, get access to virtual physical therapy and more to help you recover from injuries, build strength, relieve pelvic pain and discomfort and more. Whether your aches are short-term or chronic, we'll help you get moving again.

Specialized care, personalized for you

- **1-on-1 support**
Work with a dedicated physical therapist and health coach to treat multiple body parts.
- **A care plan on your terms**
Get tailored exercises and video visits with your physical therapist that fit seamlessly into your busy life.
- **Technology that works for you**
Improve your form and build your confidence during exercises with real-time audio & visual guidance from our app.
- **All costs covered**
You earned Hinge Health benefits through Elara Caring.

Sign up today.

Scan the QR code or visit:

hinge.health/elaracaring-25



Please use the default camera on your device to scan the QR code, not a third-party application. If you are directed to a site other than the URL listed above, do not proceed.

*Eligibility to receive complimentary items is based on the program in which you are placed and subject to availability upon completion of a qualifying number of exercise sessions. Members may receive an alternative item if the featured item is unavailable.

Hinge Health está disponible en español

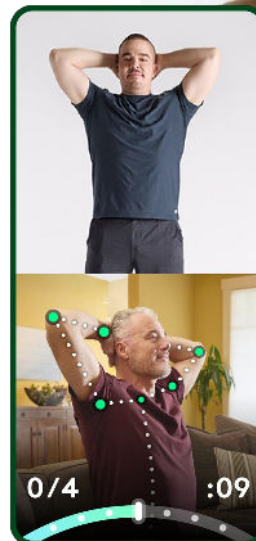
Alivia los dolores articulares y musculares y previene las lesiones con tus beneficios de salud gratuitos.

Participants must be 18+ and enrolled in an Elara Caring BCBS medical plan. Space is limited.

Los participantes deben ser mayores de 18 años y estar inscritos en un plan médico de Elara Caring BCBS. El espacio es limitado.



Hi there, I added new exercises to help with your back too.



NEW MEMBERS ONLY

Start your program, and get a massage gun on us!*

