



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

Make a positive, powerful change in your life

Sign up for Hinge Health, and be a movement person. Get virtual care to reduce everyday joint and muscle aches, recover from injury, and more.

Specialized care, personalized for you

- **1-on-1 support**
From a physical therapist or health coach.
- **A care plan**
Designed by your physical therapist for your everyday activities and busy life.
- **All costs covered**
You earned Hinge Health benefits through The University of Alabama in Huntsville.
There's \$0 cost to you.

Join the waitlist. Get notified first when enrollment opens.

Scan the QR code or visit:

hinge.health/uahedu-oe



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.

\$0

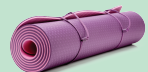
cost to you



Hi Jordan, I added new exercises to help with your knees too.

NEW MEMBERS ONLY

Start your program, and get a yoga mat on us!*



*Eligibility to receive complimentary items is based on the program in which you are placed and subject to availability upon completion of your first exercise therapy session. Users may receive an alternative item if the featured item is unavailable.

Employees and dependents 18+ enrolled in a BCBSAL medical plan through the University of Alabama in Huntsville are eligible.