



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 a tailored program that gives you access to virtual physical therapy and more to help you recover from injuries, build strength, improve your mobility, 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 The University of Alabama in Huntsville.

Scan the QR code or visit:

hinge.health/uahedu-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.

Hinge Health está disponible en español

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

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

Los empleados y dependientes mayores de 18 años inscritos en un plan médico de BCBSAL a través de la Universidad de Alabama en Huntsville son elegibles.

