



Join now
Get a yoga
mat on us!



*Restrictions apply. See below.



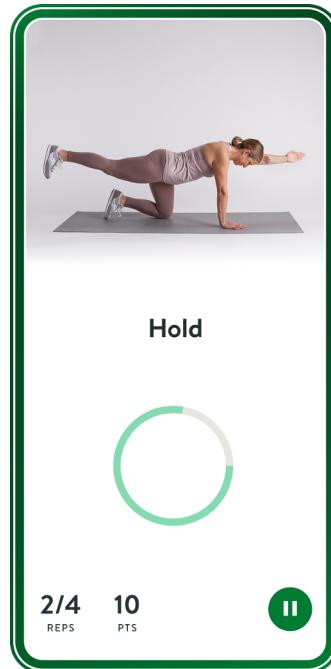
Ready, set, enroll!

Available 1/1/2025

Join Hinge Health for exercise therapy without leaving home. No copays. No office visits. Reduce your back and joint pain in just 15 minutes a day. Best of all, there's no cost to you — your Hinge Health benefit is 100% covered by your employer.

Join Hinge Health to:

- Overcome pain or limited movement
- Recover from a recent or past injury
- Keep your joints healthy and pain free



Scan the QR code to enroll now!

hinge.health/cvsem-oe

Questions? Call (855) 902-2777

*Eligibility to receive yoga mat is based on the program in which you are placed.

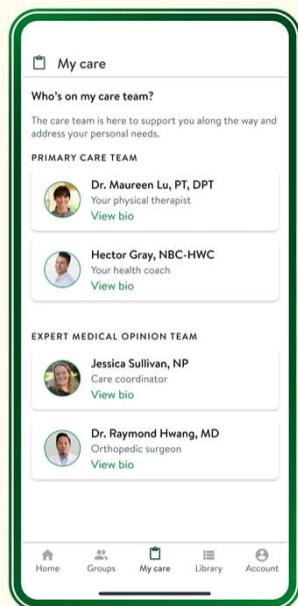
Participants must be 18+ and enrolled in Caremark PBM benefits through your employer. If you have questions about Hinge Health, please reach out to us directly per the information above.

Clinically complete MSK care

Delivering simple, complete and personalized care

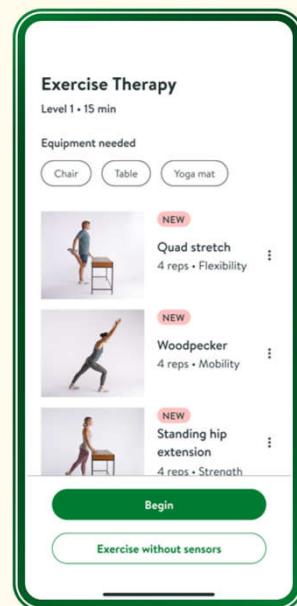
Expert care team

including PT, health coach, and surgeons



All-in-one app

Anyone, anywhere can access this care



Computer vision

Motion tracking for full-body assessments



Hinge Health Enso

FDA cleared wearable device for everyday pain relief

