



Join now  
Get a yoga  
mat on us!



\*Restrictions apply. See below.



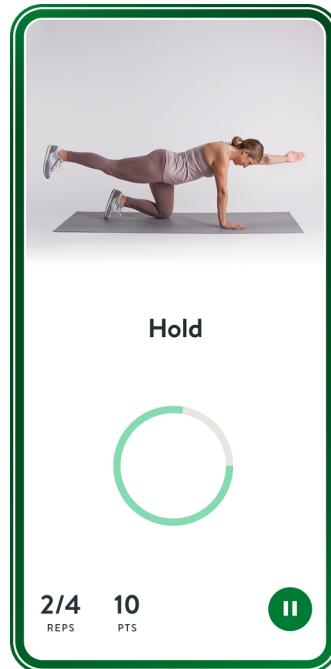
## Ready, set, enroll!

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](https://hinge.health/cvsem-oe)

Questions? Call (855) 902-2777

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

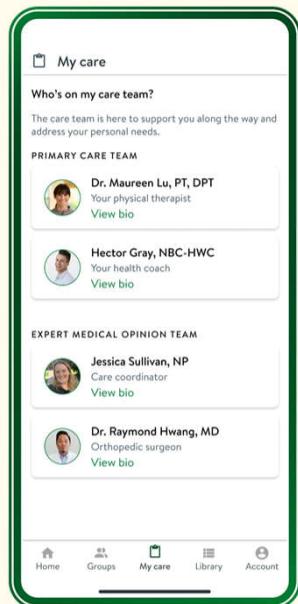
Participants must be 18+ and enrolled in Caremark PBM benefits through your employer. If you have questions about Hinge Health, please reach out to us directly per the information above.

## Atención MSK clínicamente completa

Ofreciendo una atención sencilla, completa y personalizada

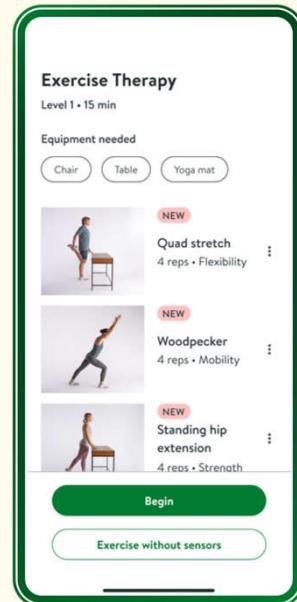
### Equipo de atención expert

Incluyendo fisioterapeutas, entrenadores de salud y cirujanos



### Aplicación todo en uno

Cualquier persona, en cualquier lugar, puede acceder a esta atención



### Visión por computadora

Seguimiento del movimiento para evaluaciones de cuerpo completo



### Hinge Health Enso

Dispositivo portátil aprobado por la FDA para aliviar el dolor diario

