



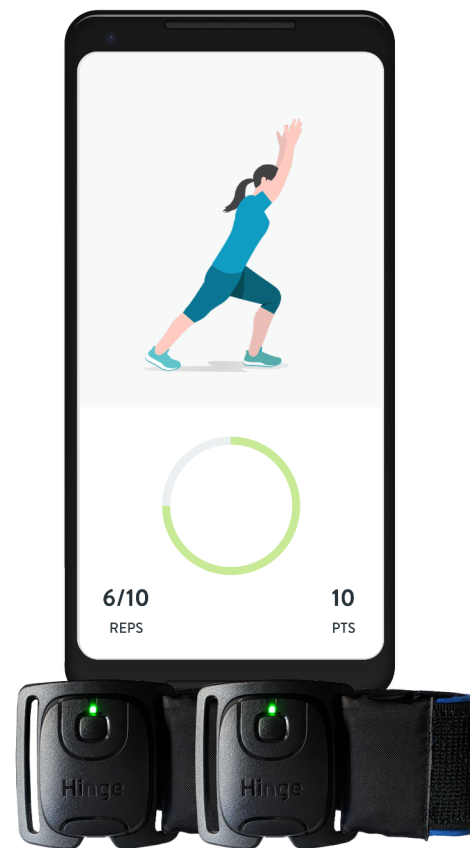
Conquer back and joint pain without drugs or surgery

You and your eligible family members get **free access** to Hinge Health's programs for **back, knee, hip, shoulder, or neck pain**, which include:

- Wearable sensors for live feedback in the app
- Unlimited 1-on-1 health coaching
- Personalized exercise therapy

Over 180,000 members have joined our programs so far, and cut their pain by nearly 70%!

Eligibility: Employees and dependents 18+ enrolled in a BCBSIL medical plan through IPBC are eligible.



Enrollment opens on January 1, 2022! To learn more and join the waitlist, visit:

HINGEHEALTH.COM/IPBCOE

