

\$0
cost to you



Join now
Get a yoga
mat on us!



*Restrictions apply. See below.



MASSACHUSETTS
LABORERS' BENEFIT
FUNDS

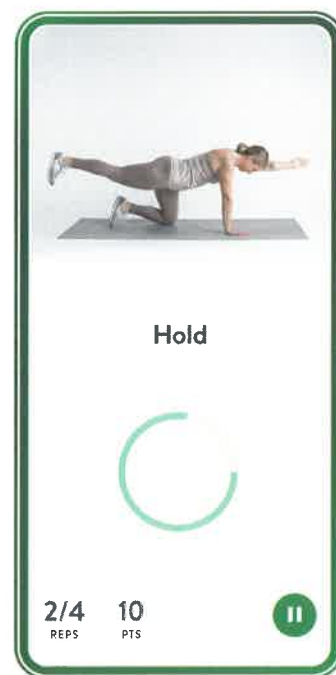


Reduce back and joint pain without drugs or surgery

You're eligible to join Hinge Health. Overcome back, knee, and other joint and muscle pain at **no extra cost to you**. Your family may be eligible too. Programs include:

- Personalized exercise therapy
- Unlimited 1-on-1 health coaching
- Motion tracking technology for instant feedback on your form

On average, participants cut their pain as much as 68%!¹



Scan the QR code to learn more or apply at
hinge.health/mlbf

Questions? Call (855) 902-2777

Hinge Health está disponible en español

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

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

Participants must be 18+ and enrolled in a medical plan through Massachusetts Laborers' Health and Welfare Fund.

Si tiene preguntas o necesita ayuda con la solicitud en español, envíe un correo electrónico a hola@hingehealth.com o marque (855) 902-2777.

¹After 12 weeks, in a study of chronic knee and back program participants. Bailey JF, et al. Digital Care for Chronic Musculoskeletal Pain: 10,000 Participant Longitudinal Cohort Study. J Med Internet Res 2020;22(5):e18250.

