



Conquer back, knee or hip pain without drugs or surgery

You and your family members get **free access** to Hinge Health's innovative digital programs for back or joint pain as part of your UT Select Benefits. Sign up now for:

- A free tablet computer and wearable sensors
- Unlimited 1-on-1 health coaching
- Personalized exercise therapy

Over 20,000 past Hinge Health participants:

- On average, reduced pain by over 60%
- 90% said they're less likely to get surgery

Eligibility: Must be 18+ and enrolled in a BCBSTX UTSelect Medical Plan



For more information call (855) 902-2777, or apply at:

HINGEHEALTH.COM/UTS