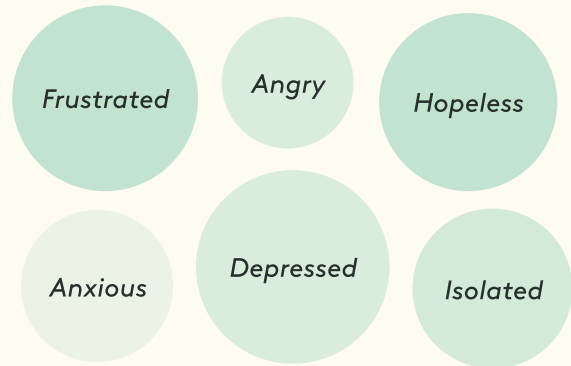


Your emotional and physical health go hand in hand.

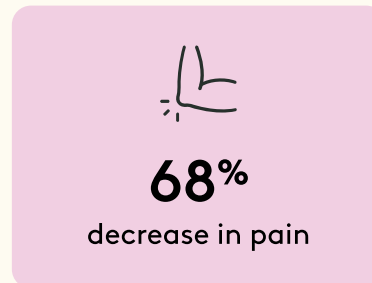
When you're dealing with physical pain — a constant back ache or a sudden flare-up in your knee — your emotions are often affected. But you can change how you think about pain with Hinge Health.

It's common to feel:



Hinge Health virtual physical therapy targets back, knee, and other joint and muscle pain — and helps reduce the depression and anxiety that often comes with it.

On average, Hinge Health members experience¹:



Your Hinge Health program is reserved for you.



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

Questions? Call (855) 902-2777

Hinge Health is now covered by the health plan, which means you and your covered spouse/dependents (aged 18+) are now eligible to join.

¹In 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.