

IT'S TIME TO START THINKING ABOUT YOUR ANNUAL BENEFITS!

# Tackle joint and muscle pain where you need it most

With Hinge Health, get access to a tailored program that gives you access to virtual physical therapy and more to help you recover from injuries, build strength, improve your mobility, and more. Whether your aches are short-term or chronic, we'll help you get moving again.

## Specialized care, personalized for you

- 1-on-1 support**  
 Work with a dedicated physical therapist and health coach to treat multiple body parts.
- A care plan on your terms**  
 Get tailored exercises and video visits with your physical therapist that fit seamlessly into your busy life.
- Technology that works for you**  
 Improve your form and build your confidence during exercises with real-time audio & visual guidance from our app.
- All costs covered**  
 You earned Hinge Health benefits through Exyte USA Inc.

Scan the QR code or visit:

[hinge.health/exyte-25](https://hinge.health/exyte-25)



Please use the default camera on your device to scan the QR code, not a third-party application. If you are directed to a site other than the URL listed above, do not proceed.

**\$0**  
cost to you



Hinge Health está disponible en español

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

Employees and dependents 18+ enrolled in an Exyte USA Inc Blue Cross Blue Shield of Texas medical plan are eligible.