



TRINITY INDUSTRIES



Join Trinity's JOINT EFFORT

Hinge Health is **virtual physical therapy** that uses easy-to-follow exercises, expert advice, and a helpful app to help you manage joint pain, making your work and daily life more comfortable.

Reduce Muscle & Joint Pain With **Hinge Health**



Receive **expert help** from healthcare professionals



Complete **custom exercises** designed for your type of pain



Save money and time by managing pain **virtually**

Note: You must be enrolled in a Trinity Industries medical plan to access.

Scan the QR codes to join Hinge Health & learn more!



hinge.health/trinityindustries



trinbenefits.net



BE WELL
Health. Wealth. Life.