



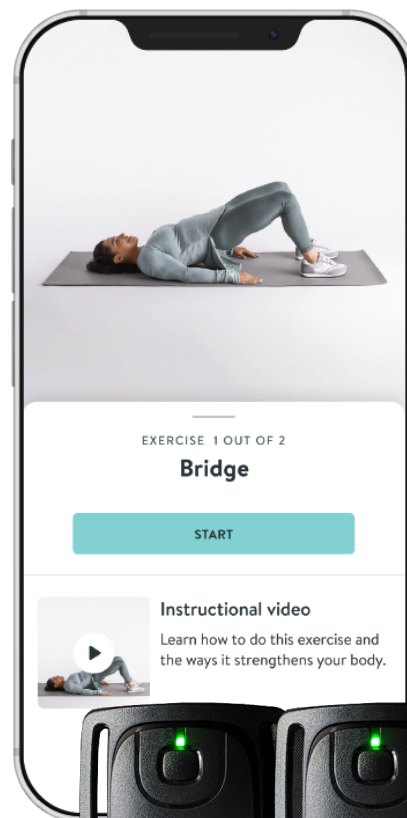
Conquer back and joint pain without drugs or surgery

You and your eligible family members get **free access** to Hinge Health's programs for **back, knee, hip, shoulder, or neck pain**, which include:

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

Over 300k members have joined our programs so far, and cut their pain by nearly 70%!

Eligibility: Participants must be 18+ and enrolled in a BlueCross BlueShield of Oregon medical plan. Regence BlueCross BlueShield of Oregon is an Independent Licensee of the Blue Cross and Blue Shield Association. Hinge Health® is a separate and independent company that provides services for Regence members.



To learn more call (855) 902-2777, or apply at:
HINGEHEALTH.COM/CISBENEFITS