

Sign up and start the program today!



Conquer back and joint pain without drugs or surgery

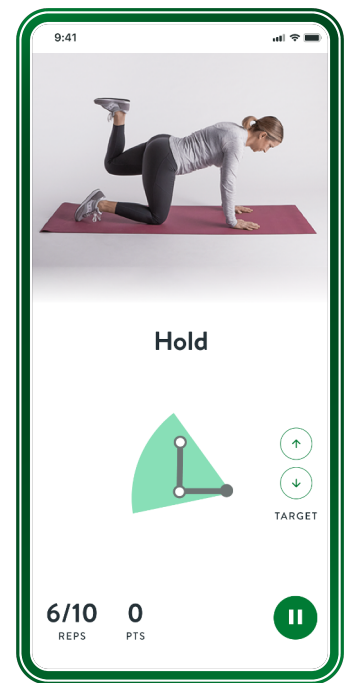
We provide all the tools you need to get moving again from the comfort of your home. You'll get exercise therapy tailored to your needs, technology for feedback in the app, personal coach and physical therapist. Best of all, it's available **at no additional cost to you** — 100% covered by Allina Health | Aetna for you and eligible family members.

Sign up today for help with any of the following:

- Conquer pain or limited movement
- Recover from a past injury
- Reduce stiffness in achy joints



Scan the QR code to learn more or apply at hinge.health/allinahealth or call (855) 902-2777



Members enrolled in an Allina Health | Aetna Medical Plan and age 18+ are eligible to enroll.

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Refer to AllinaHealthAetna.com for more information about Allina Health | Aetna plans.