



P.S. Join today and get a complimentary yoga mat!
*Restrictions apply



HEALTH CARE &
BENEFITS DIVISION



Conquer back and joint pain without drugs or surgery

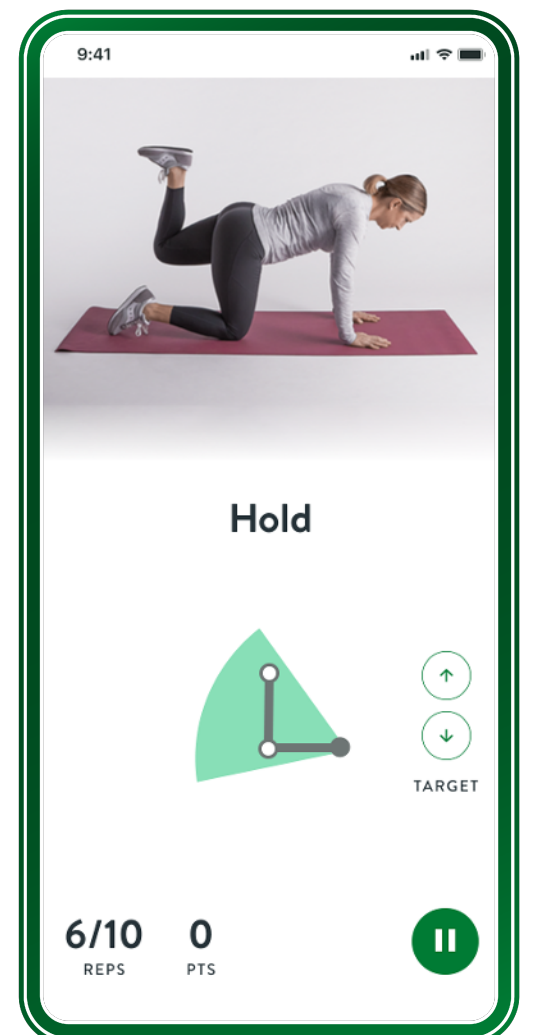
We provide all the tools you need to get moving again from the comfort of your home. You'll get exercise therapy tailored to your condition, wearable sensors for live feedback in the app, personal coach and physical therapist. Best of all, **it's free** — 100% covered by the State of Montana Benefit Plan for you and eligible family members.

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

Join for your back, knee, hip, neck, or shoulder. On average, our participants cut their pain by 68%*!



Find out if Hinge Health is the right fit for you:
visit hinge.health/stateofmontana
or call (855) 902-2777



Eligibility to receive yoga mat is based on the program in which you are placed. Participants must be 18+ and enrolled in the State Plan.
*Hinge Health 2017-2019 Outcomes Analysis.

*In 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.