



# HEALTH CARE & BENEFITS DIVISION

December 13, 2023



**More than half of  
adults have back  
and joint pain.\***

**GET EXPERT HELP**



Hello,

A lot of my patients don't think of their sore back, stiff knees, or weak ankle as painful. But those same issues hold them back from things like getting in and out of their cars easily, lifting groceries and kids, or sleeping well at night.

Here's the thing: If muscle, back, or joint issues are holding you back from everyday activities, Hinge Health can help. The programs are available at no additional cost to you, and Hinge Health makes it simple to get started addressing pain.

**Getting started is easy:**

1. **Join Here** - *It takes about 10 minutes.*
2. **Receive Kit** - *Hinge Health sends everything you need to your doorstep.*
3. **Start Sessions on Your Schedule** - *Only have 10 minutes a few times a week? You can still overcome back, joint, and muscle pain.*

Don't wait a moment longer if you've been dealing with pain, stiffness, or injury. Enroll today at [hingehealth.com/for/stateofmontana](https://hingehealth.com/for/stateofmontana), call (855) 902-2777 or email [hello@hingehealth.com](mailto:hello@hingehealth.com).



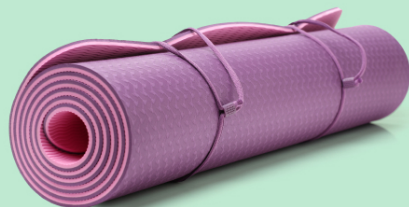
Warm Regards,

Dr. Jeffery Krauss, MD

*Chief Medical Officer, Hinge Health*

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

*\*Restrictions apply*



*\*complimentary yoga mat available to new members only while supplies last.*

## STATE OF MONTANA HEALTH CARE & BENEFITS DIVISION

(406) 444-7462 | TTY (406) 444-1421 | Toll Free (800) 287-8266

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**Non-Discrimination Notice:** The State of Montana Benefit Plan complies with applicable Federal civil rights laws, state and local laws, rules, policies and executive orders and does not discriminate on the basis of race, color, sex, pregnancy, childbirth or medical conditions related to pregnancy or childbirth, political or religious affiliation or ideas, culture, creed, social origin or condition, genetic information, sexual orientation, gender identity or expression, national origin, ancestry, age, disability, military service or veteran status or marital status. 45 C.F.R. § 92.8(b)(1) and (d)(1)

**ATENCIÓN:** si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-270-3877 (TTY: 711).

**ACHTUNG:** Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-866-270-3877 (TTY: 711).

This service is provided to you at no charge by [State of Montana Health Care & Benefits Division](#).