



# HEALTH CARE & BENEFITS DIVISION

December 5, 2023



Get a complimentary yoga mat\*

## Your No Cost Exercise Therapy Program

Hinge Health offers back, knee, shoulder, hip and other joint pain relief programs. This online service is simple to sign up for, easy to do from home and available at no cost to you!

- Get exercise therapy, a personal care team, and education designed to improve your specific situation.
- Simply answer a few questions and you will receive exercises that are right for you based on your pain and fitness level.
- You can do your exercises anytime, anywhere with the Hinge Health app, no need for appointments or travel.

On average, Hinge Health members reduced their pain by 68% after 12 weeks.

[Join Hinge Health](#)

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).

*\*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

100 N. Park Ave. Suite 320 | PO Box 200130 | Helena, MT 59620-0130 | [benefitsquestions@mt.gov](mailto:benefitsquestions@mt.gov)

**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](#).