



HEALTH CARE & BENEFITS DIVISION

November 20, 2023



State Plan members now have no-cost access to Hinge Health!

If you're struggling with joint and muscle pain, like a throbbing back, aching knees, or weak ankle, start using Hinge Health today for expert care.

Hinge Health is more than exercise therapy. Their virtual programs combine gentle exercise with 1-on-1 support to reduce your pain and help you move with confidence.

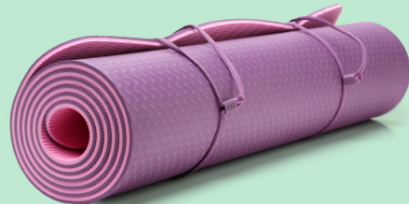
Whether your goal is to go hiking more, work in your garden, or take the stairs (or all three), Hinge Health can help you toward pain relief with exercises that last only 15 minutes a day - anytime, anywhere you're comfortable.

Enroll now by going to hingehealth.com/for/stateofmontana, calling (855) 902-2777 or emailing hello@hingehealth.com.

[Join Hinge Health](#)

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

*Restrictions apply



STATE OF MONTANA HEALTH CARE & BENEFITS DIVISION

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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](#).

