



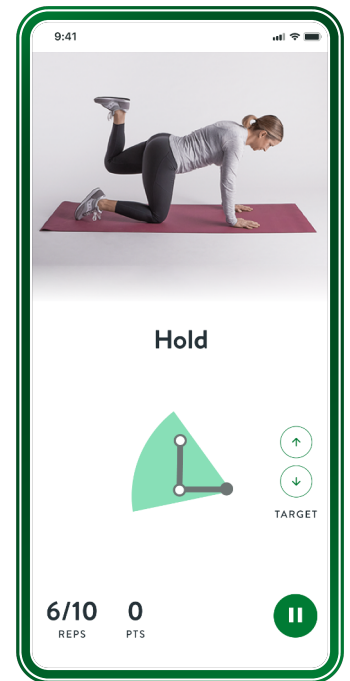
Conquer back and joint pain without drugs or surgery

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 instant feedback in the app, personal coach and physical therapist. Best of all, it's free — 100% covered by ICUBA 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

Join for your **back, knee, hip, neck, pelvic, or shoulder or other joint pain**. On average, participants cut their pain as much as 68%*!



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

Eligibility: Members and dependents 18+ enrolled in a Blue Cross Blue Shield ICUBA medical plan are eligible.

*Participants with chronic knee and back pain after 12 weeks. Bailey, et al. Digital Care for Chronic Musculoskeletal Pain: 10,000 Participant Longitudinal Cohort Study. JMIR. (2020).