

# What is Hinge Health?

We provide members with personalized, expert-developed exercise therapy plans for lasting pain relief.

## Is Hinge Health for me?

Whether a new injury or ongoing aches, Hinge Health is for anyone living with joint or muscle pain.

## What does my program include?

- Unlimited access to your personalized exercises and stretches developed by physical therapists
- Convenient exercise sessions you can do anytime, anywhere with the Hinge Health app
- Dedicated 1-on-1 support from a physical therapist and qualified health coach

## Who is in my care team?

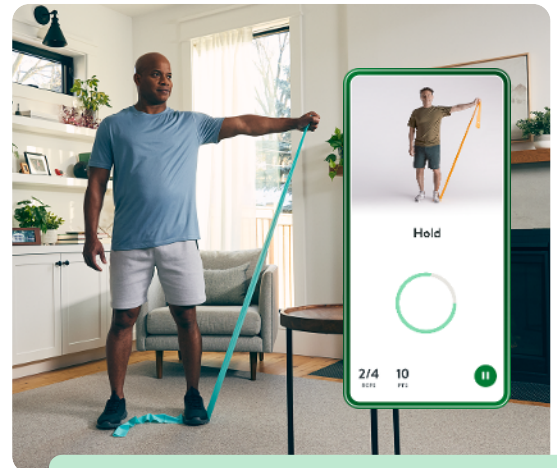
Your care team includes a physical therapist and qualified health coach. You can connect with them via text, email, phone call, or video chat to ask questions, set goals, and more.

## How much does the program cost?

Hinge Health is available to eligible employees at no additional cost.

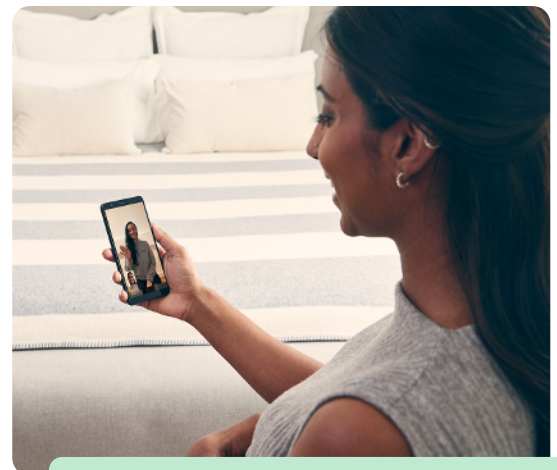
## Who is eligible?

Associates, spouses and children (18+) on the Nemours Children's Health medical plan are eligible.



### Exercise therapy made easy

Your sessions are designed to be done in about 15 minutes or less.



### Support from your care team

Get help to overcome pain, recover from an injury, prepare for surgery, and more.



To learn more and apply, scan the QR code or visit  
**[hinge.health/nemours](https://hinge.health/nemours)**

Questions? Call (855) 902-2777