

IT'S TIME TO START THINKING ABOUT YOUR ANNUAL BENEFITS!

Make a positive, powerful change in your life

Sign up for Hinge Health, and be a movement person. Get virtual physical therapy and more, to reduce everyday joint and muscle aches, recover from injury, and improve your mobility.

Specialized care, personalized for you

- **1-on-1 support**
From a physical therapist or health coach.
- **A care plan**
Designed by your physical therapist for your everyday activities and busy life.
- **All costs covered**
You earned Hinge Health benefits through MIT.
There's \$0 cost to you.

Join the waitlist. Get notified first when enrollment opens.

Scan the QR code or visit:
hinge.health/mit-oe



Please use the default camera on your device to scan the QR code, not a third-party application. If you are directed to a site other than the URL listed above, do not proceed.

\$0
cost to you



Employees and dependents 18+ enrolled in a BCBSMA medical plan through MIT are eligible.

Hinge Health está disponible en español
Alivia los dolores articulares y musculares y previene las lesiones con tus beneficios de salud gratuitos.