



At no cost to you

One app. So many ways to reduce pain.

Most of us don't have just one ache. It's the lower back after a long week, the shoulder that flares at your desk, the knee that always feels creaky on stairs. Hinge Health was built for all of it.

Hinge Health offers access to app-based virtual physical therapy and more, including a personalized exercise program, a dedicated care team, and real-time guidance that shows you you're doing it right.

The best parts: You can use Hinge Health on your schedule, wherever you are, right from your phone at no cost to you.

Your program includes care for:

- ✓ **Muscle and joint pain**
Ease back, neck, shoulder, knee, and joint pain at home.
- ✓ **Pelvic Floor Therapy**
Treat pelvic floor leaks, pain, and postpartum recovery.
- ✓ **Enso®**
Soothe pain with the FDA-cleared Enso wearable.
- ✓ **Injury recovery**
Bounce back from a new strain, sprain, or pulled muscle.
- ✓ **Menopause**
Relieve hot flashes, sleep issues, joint pain, and more.



For more about your benefit, scan the QR code or visit:

hinge.health/walmart

Questions? Call (877) 699-6844

The Hinge Health Virtual Physical Therapy program is available at no cost to all associates and covered dependents who are enrolled in the Premier PPO, Contribution HRA, Saver HSA, or Personalized Wellbeing Copay Plan.

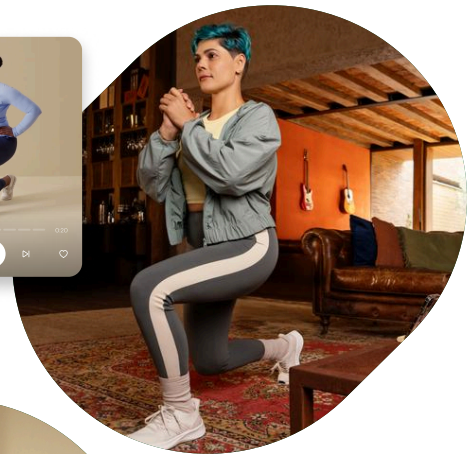
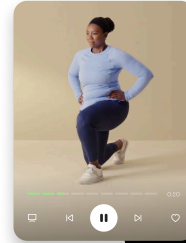
Please use the default camera on your device to scan the QR code, not a third-party application. If you are directed to a site other than the URL listed above, do not proceed.

Hinge Health está disponible en español

Alivia los dolores articulares y musculares y previene las lesiones con tus beneficios de salud gratuitos. Únete ahora.

The Associates' Health and Welfare Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Virtual physical therapy is only available where it is allowed by law.

¹Bailey et al. (2020) 12-week digital care for chronic back and knee MSK pain. JMIR. (N=10,264)



68%
Avg. reduction
in pain¹