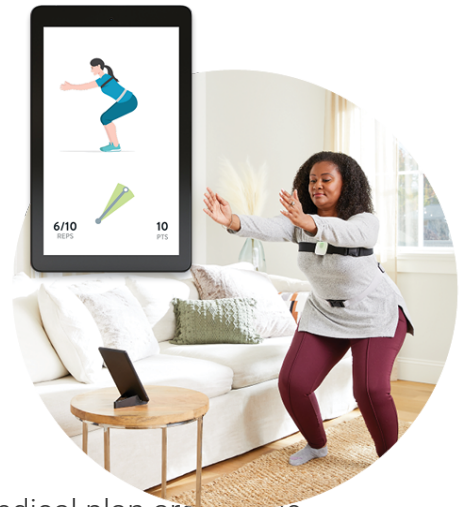


What is Hinge Health?

Hinge Health is an exercise therapy program to help you and your eligible family members with muscle and/or joint pain. You'll get exercise therapy tailored to your pain, a personal care team and clinically-proven pain management resources at no cost to you.

Employees and covered adult dependents on a Gates Corporation medical plan are eligible.



How can Hinge Health help me?

On average, users decrease their chronic pain by nearly 70%. Your treatment can be done anywhere, and when it works best for your schedule. No need to drive to an appointment or worry about more costly care! All your care is easily found in your app, and can be customized by the physical therapists.

Conquering pain or limited movement

Whether you have an occasional dull ache or frequent sharp pain, we can help you move freely again.

Preparing for and recover from surgery

Are you on the path to surgery? Get our expert medical evaluation on your treatment plan, along with support on your rehabilitation journey.

Recovering from an injury

Whether you were injured yesterday or years ago, get expert help and recover better than ever.

Staying healthy and pain free

Get expert support and educational material tailored to your specific job and lifestyle.

How can I join?

Over 180,000 members have joined so far. They are regaining the active lifestyle they thought they'd left behind! Take control of your muscle and joint pain, and rebuild your strength and flexibility by [joining when the program is available](#) on January 1st, 2022!



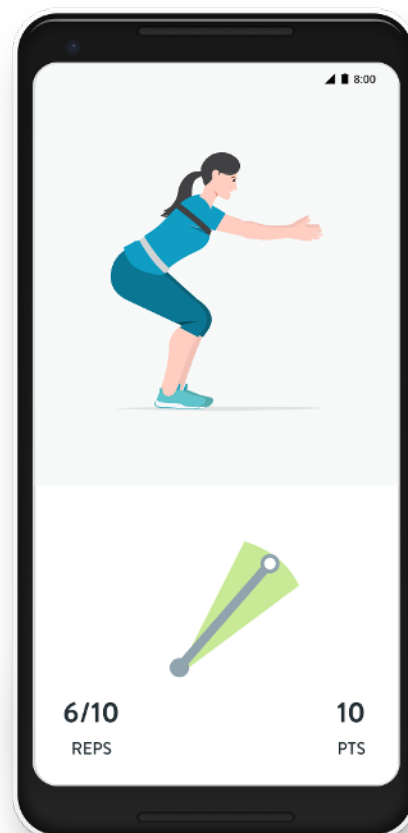
Free benefit for your back and joint health

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 condition and a personal care team of experts. Best of all, **it's free** — 100% covered by Gates Corporation.

Sign up today for help with any of the following:

- Conquer pain or limited movement
- Recover from a recent or past injury
- Keep joints healthy and pain free
- Get a second opinion on your treatment plan

Eligibility: Employees and dependents 18+ enrolled in a Gates Corporation medical plan.



To learn more call (855) 902-2777, or apply at:
HINGEHEALTH.COM/GATES_OE

