



## Start the new year with all the right moves

Here's the perfect New Year's resolution to reduce your back or joint pain. Join Hinge Health today. Get customized physical therapy you can do from home, along with a personal care team of experts. Best of all, there's no cost to you — 100% covered by Gates.

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



Hold

Participants must be 18+ and enrolled in a Gates medical plan.

