



VIRGINIA BANKERS
ASSOCIATION

 Hinge Health

Conquer back and joint pain without drugs or surgery

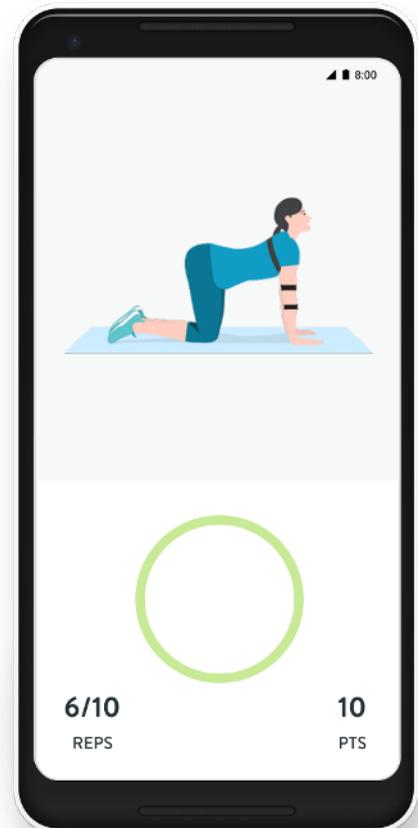
We provide all the tools you need to get moving again from the comfort of your home. You'll get exercise therapy tailored to your condition, wearable sensors for live feedback in the app, personal coach and physical therapist. Best of all, **it's free** — 100% covered by Virginia Bankers Association for you and eligible family members.

Sign up today for help with any of the following:

- Conquer pain or limited movement
- Recover from a past injury
- Reduce stiffness in achy joints

Join for your **back, knee, hip, neck, or shoulder**. On average, our participants cut their pain by over 60%!

Eligibility: Employees and dependents 18+ enrolled in an Anthem medical plan through Virginia Bankers Association are eligible.



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