



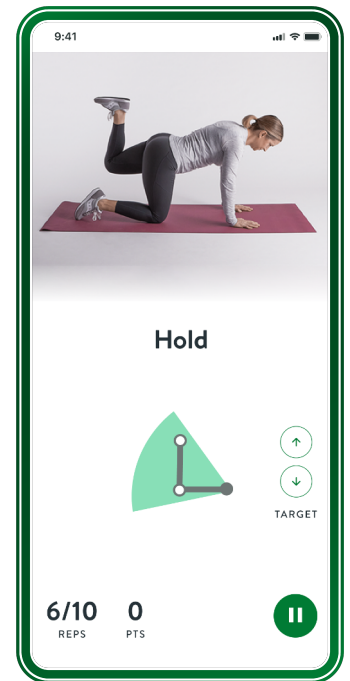
Conquer back and joint pain without drugs or surgery

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 needs, technology for instant feedback in the app, personal coach and physical therapist. Best of all, **it's free** — 100% covered by RRD 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, shoulder, elbow, wrist, hand, ankle or foot**. On average, participants cut their pain as much as **68%***!



Scan the QR code to learn more or apply at hinge.health/rrdonnelley or call (855) 902-2777

Eligibility: Participants must be 18+ and enrolled in a BCBSIL HSA Value, Copay Value, HSA Advantage, Copay Advantage, or a McKay plan through RRD.

*Participants with chronic knee and back pain after 12 weeks. Bailey, et al. Digital Care for Chronic Musculoskeletal Pain: 10,000 Participant Longitudinal Cohort Study. JMIR. (2020).