



You're invited to this virtual event

Unpacking Pain

April 19, 2023 | 11:00 AM CST

Presented by Hinge Health, "Unpacking Pain" will dive into the science of pain, some of the factors that affect your experience, and how Hinge Health can help improve your overall health and well-being.

Hinge Health provides access to your own care team and a personalized exercise program to help you overcome joint and muscle pain - at no cost to you.

3 things you will take away from "Unpacking Pain":

- What pain is and why it occurs
- How to identify the factors affecting your pain
- What you can do today to start reducing your pain



Scan the QR code to save your seat
bit.ly/rrd-hh-webinar

* Eligibility for Hinge Health: Participants must be 18+ and enrolled in a National Medical Option with BCBSIL through RRD.

Questions? Email: hello@hingehealth.com Phone: (855) 902-2777.