



Reformed
Benefits
Association



Improve how you move with virtual physical therapy

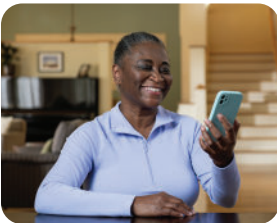
Get started in minutes with Hinge Health

\$0

cost to you



Join now and get a massage gun on us!*



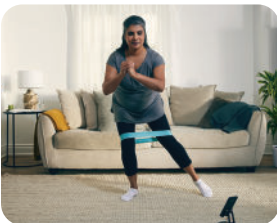
Tell us about your pain

This allows our clinical team to approve you for our program. It takes about 10 minutes — and you can do it from your phone.



Show us how you move

We'll ask you to do some gentle stretches and exercises in our app so we can see how you move with pain. It takes less than 5 minutes.



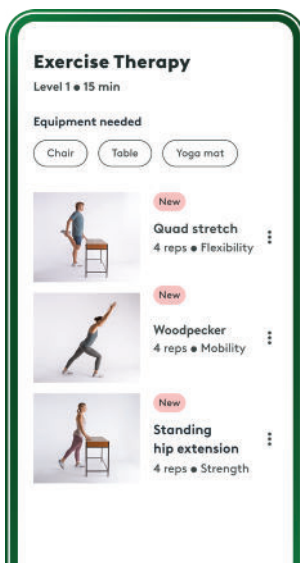
Get your personalized program

Start your program in our app. Your exercise therapy sessions are only 10–15 minutes. Just do them 2–3 times a week to get pain relief.



Hinge Health is one of the best tools I have found to address my issues...It's like having a trainer in the room with you.

Chris
Hinge Health member



Scan today to enroll in your benefit
hinge.health/reformedbenefitsassociation-careplan

Please use the default camera on your device to scan the QR code, not a third-party application. If you are directed to a site other than the URL listed above, do not proceed.

*Eligibility is based on the program you are placed in and subject to availability upon completion of your first exercise therapy session. Item appearance may vary.

Participants must be 18+ and enrolled in a Reformed Benefits Association medical plan.