

\$0
cost to you



Join now
Get a yoga mat on us!
*Restrictions apply. See below.



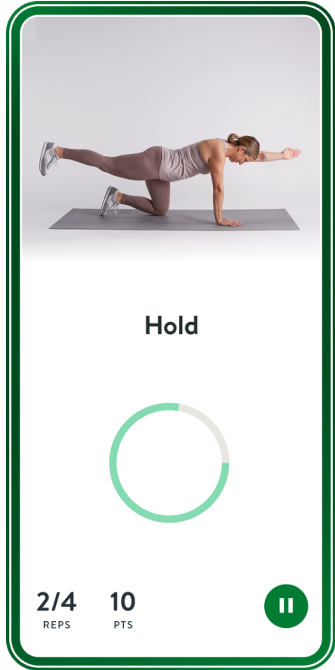
Reduce back and joint pain without drugs or surgery

Enrollment opens January 1, 2024!

You're eligible to join Hinge Health. Overcome back, knee, and other joint and muscle pain at **no extra cost to you**. Your family may be eligible too. Programs include:

- Personalized exercise therapy
- Unlimited 1-on-1 health coaching
- Motion tracking technology for instant feedback on your form

On average, participants cut their pain as much as 68%!¹



Scan the QR code to learn more or apply at hinge.health/heidelbergmaterials

Questions? Call (855) 902-2777

* Eligibility to receive a yoga mat is based on the program in which you are placed.
Employees and dependents 18+ enrolled in Heidelberg Materials medical plan through Blue Cross Blue Shield (BCBSIL) are eligible.
¹After 12 weeks, in a study of chronic knee and back program participants. Bailey JF, et al. Digital Care for Chronic Musculoskeletal Pain: 10,000 Participant Longitudinal Cohort Study. J Med Internet Res 2020;22(5):e18250.