

\$0
cost to you



PLEXUS

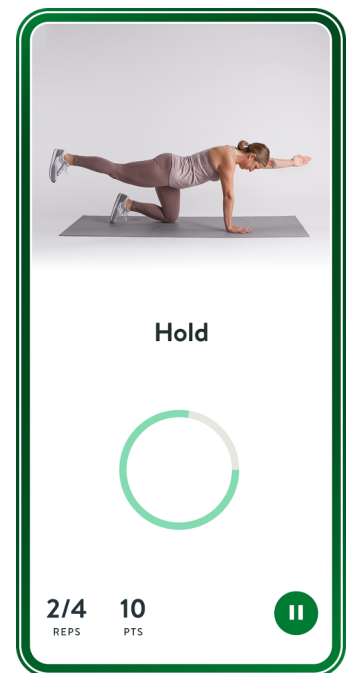


Personalized pain care that gets you moving

Relieve joint and muscle pain with personalized exercise therapy
at no cost to you. On average, participants reduce their pain by 68%.¹

- Virtual sessions anytime, anywhere
- Unlimited 1-on-1 health coaching
- Motion-tracking technology for instant form correction

Your family may be eligible, too!



To learn more and apply, scan the QR code or visit
hinge.health/plexus

Questions? Call (855) 902-2777

Participants and dependents 18+ enrolled in a medical plan through Plexus 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.