

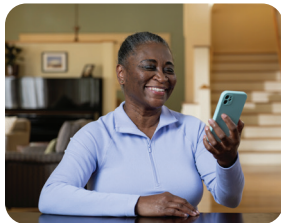
Improve how you move with virtual physical therapy

\$0
cost to you



Join now and get a massage gun on us!*

Get started in minutes with Hinge Health



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.



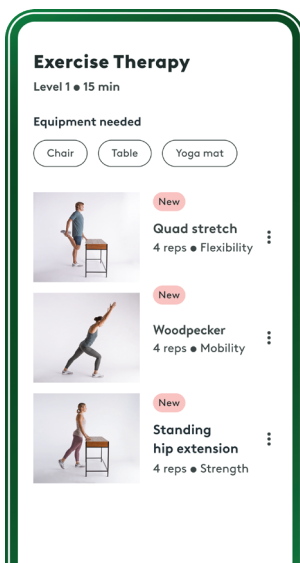
Get your personalized program

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.



You guys really help keep motivating me by checking in and being there to ask questions, providing support when I need it. Signing up with Hinge Health has been life changing for me. So thank you for your continued support!

Shannon G. FL
Gannett Customer Care Representative



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

Eligibility: Employees and dependents 18+ enrolled in a BCBSTX medical plan through Gannett are eligible. *Please note: If you are covered by either a Collective Bargaining Agreement (CBA), Joint Operating Agreement (JOA), or are an international or non-US based employee, your benefits may vary.

Elegibilidad: Los empleados y dependientes mayores de 18 años inscritos en un plan médico de BCBSTX a través de Gannett son elegibles. *Tenga en cuenta: Si está cubierto por un Acuerdo de Negociación Colectiva (CBA) o un Acuerdo Operativo Conjunto (JOA), o es un empleado internacional o no estadounidense, sus beneficios pueden variar.