

# Your partner for pain relief

With Hinge Health, you can get virtual physical therapy and more from real people who are dedicated to helping you feel your best.

## Specialized care, personalized for you

Reduce everyday joint and muscle aches. Recover from an injury.

- A care plan designed for your everyday activities and long-term goals — and to treat multiple areas of your body at once
- Access exercise therapy sessions you can do in as little as 15 minutes — anytime, anywhere with the Hinge Health app
- Get 1-on-1 support from a physical therapist or health coach to tailor your sessions as needed and help you reach your goals
- Access to Hinge Health Enso® a non-addictive, FDA-cleared wearable device to calm and soothe pain flare-ups in minutes

Scan the QR code or visit:

[hinge.health/gannett-join](https://hinge.health/gannett-join)



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.

**\$0**  
cost to you



A HINGE HEALTH EXCLUSIVE

### Meet Enso

The small device for pain relief on-the-go.

\*Eligibility to receive Hinge Health Enso is based on the program in which you are placed, fulfillment of clinical eligibility criteria, and completion of a qualifying number of exercise sessions.

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.