US. FOODS | RECIPE FOR WELLNESS | Hinge Health

Conquer back or joint pain without drugs or surgery

You and your eligible family members get **free access** to Hinge Health's programs for **back, knee, hip, shoulder, or neck pain**, which include:

- A free tablet computer and wearable sensors
- Unlimited 1-on-1 health coaching
- Personalized exercise therapy

Over 80,000 members have joined our programs so far, and cut their pain by over 60%!

Eligibility: Associates, dependents 18+, COBRA, and retirees enrolled in a BCBSIL medical plan through US Foods are eligible.

To learn more call (855) 902-2777, or apply at:

HINGEHEALTH.COM/USF