



Join now  
Get a yoga  
mat on us!



\*Restrictions apply. See below.

Northwestern



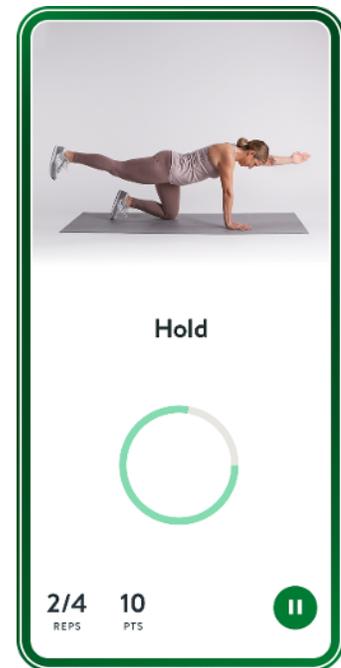
## Ready, set, enroll!

Open enrollment is here.

Join Hinge Health for exercise therapy without leaving home. No copays. No office visits. Reduce your back and joint pain in just 15 minutes a day. Best of all, there's no cost to you — your Hinge Health benefit is 100% covered by Northwestern University.

Join Hinge Health to:

- Overcome pain or limited movement
- Recover from a recent or past injury
- Keep your joints healthy and pain free



Scan the QR code to enroll now  
[hinge.health/nu-oe](https://hinge.health/nu-oe)  
Questions? Call (855) 902-2777

\*Eligibility to receive yoga mat is based on the program in which you are placed. Participants must be 18+ and enrolled in a Northwestern University PPO medical plan.