



More than half of adults have back and joint pain.*

GET EXPERT HELP



Hi there,

A lot of my patients don't think of their sore back, stiff knees, or weak ankle as painful.

But those same issues hold them back from things like getting in and out of their cars easily, lifting groceries and kids, or sleeping well at night.

If back, joint, or muscle issues are holding you back from everyday activities, Hinge Health can help. The programs are zero cost to you, and Hinge Health makes it simple to address pain without drugs or surgery.

We now also have a new Women's Pelvic Health Program for pregnancy and postpartum, to improve bladder control, and much more.

Getting started is easy:

- 1** **Join at hinge.health/mosaic**
It takes about 10 minutes.
- 2** **Receive kit**
We send everything you need to your doorstep!
- 3** **Start sessions on your schedule**
Only have 10 minutes a few times a week? You can still overcome back, joint, and muscle pain.

JOIN HINGE HEALTH

Visit hinge.health/mosaic to join today!

Don't wait a moment longer if you've been dealing with pain, stiffness, or an injury. You can give us a call at (855) 902-2777 with any questions.



Warm regards,
Dr. Jeffrey Krauss, MD
Chief Medical Officer
Hinge Health

*[Bone and Joint Initiative](#), The Hidden Impact of Musculoskeletal Disorders on Americans, 2018.

Employees, spouses/domestic partners and dependents 18+ enrolled in a medical plan through Mosaic are eligible.

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