



 WINDSTREAM |  EXPRESS SCRIPTS® |  Hinge Health

Take control of your pain

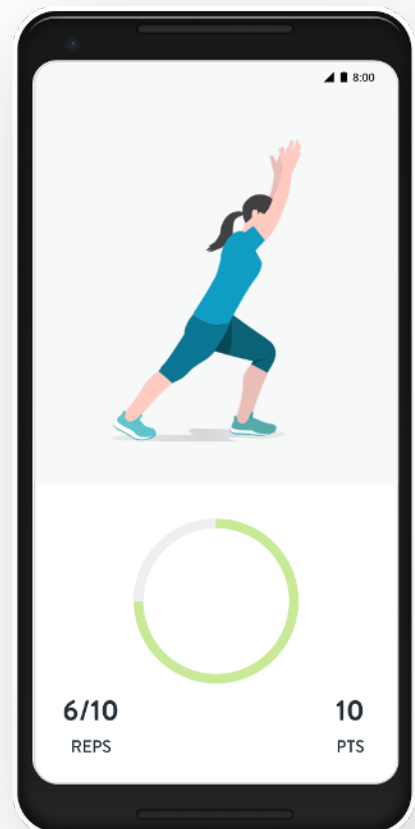
You and your eligible family members may qualify for Hinge Health's programs for **muscle and joint pain**. **It's no cost to you.** Each program is tailored to your needs. You could receive:

- Personalized exercise therapy
- Wearable sensors for live feedback in the app
- Unlimited 1-on-1 health coaching
- Personal physical therapist with video visits

Over 180,000 members have joined so far. They are regaining the active lifestyle they thought they'd left behind!

Participants must be 18+ and enrolled in a Windstream benefit plan. Express Scripts and the E Logo are trademarks of Express Scripts Strategic Development, Inc.

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To learn more call (855) 902-2777, or apply at:
HINGEHEALTH.COM/WINDSTREAM

