



Your free pain prevention program is here

Life goals begin with wellness goals.

As an BMCS Health Care Consortium member, you have access to Hinge Health’s Prevention Program. It’s a free benefit that uses virtual exercise therapy to help you prevent back, knee, neck, and other joint pain, and keep you feeling your best.

The demands of everyday life demand self-care. So, make your well-being a priority.

Sign up today for help with any of the following:

- Exercise on your own schedule
- Personalized care
- Build healthy habits to avoid joint pain



Regístrate en este programa gratuito de prevención del dolor. Es una terapia de ejercicio virtual para ayudar a prevenir dolores de espalda, rodillas, cuello y otras articulaciones. ¡Empiece hoy!

Hinge Health's Prevention program costs are fully covered by BMCS Health Care Consortium. This prevention program is not for people experiencing pain.



Get started today! Scan the QR code or visit: hinge.health/bmsmc or call (855) 902-2777

