

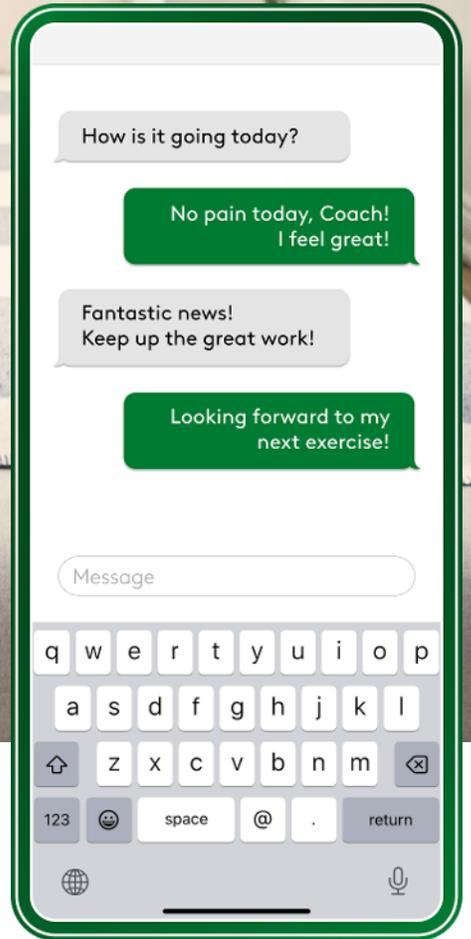
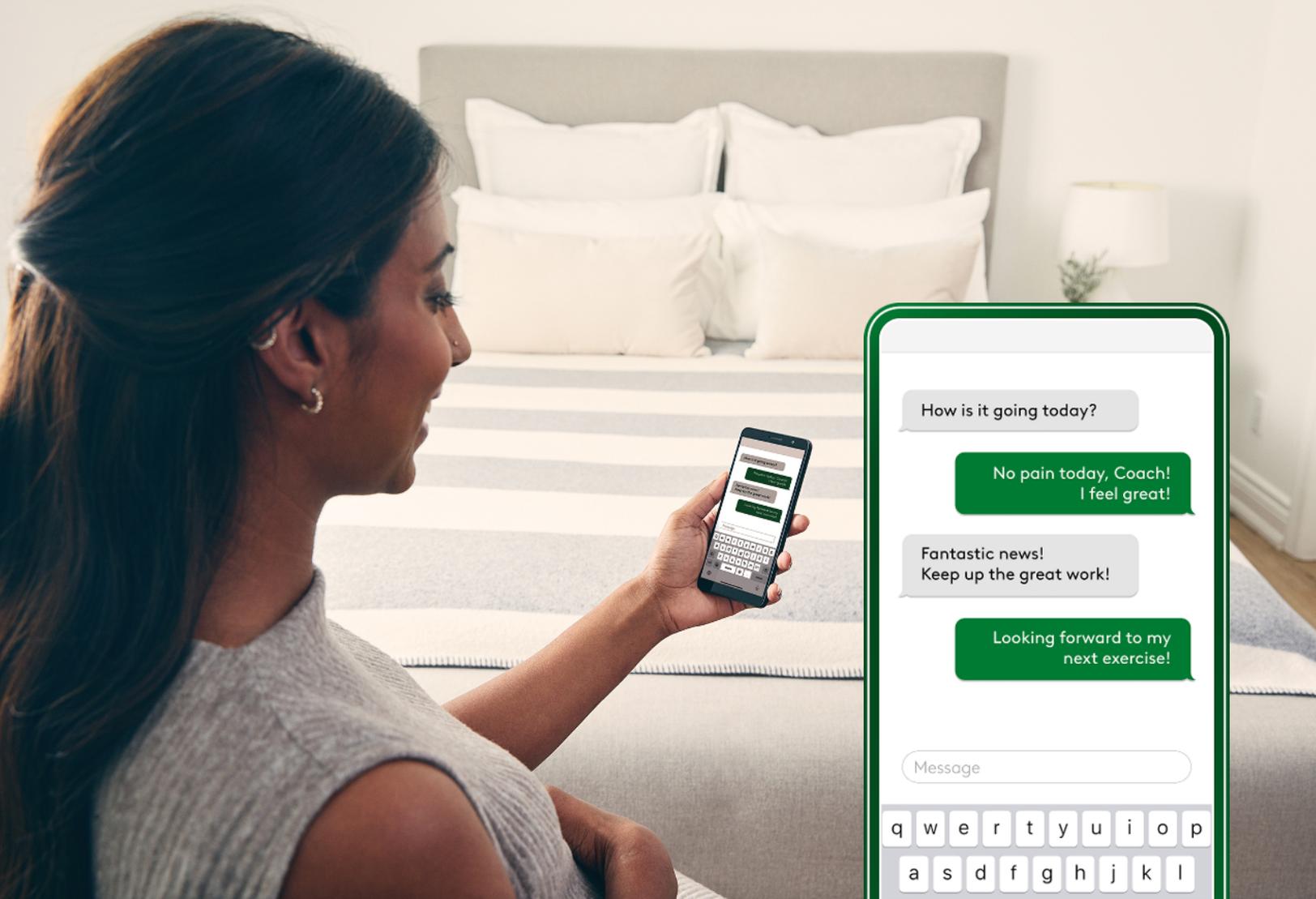


SCHOOLCARE
HEALTH BENEFIT PLANS

Uniquely your member voices

A collection of testimonials from SchoolCare members whose lives have been changed by Hinge Health.





Member experience matters

Hinge Health Coaches receive countless life-changing messages from participants during their Hinge Health journey. Here are a few examples of how members from SchoolCare have benefited from their participation and shown appreciation for their experience in their own words.

**SchoolCare
members are
staying active
with Hinge Health
and feeling
inspired to make
their health a
priority.**

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I've found the exercises to be very simple but amazingly effective. They really worked for me. I've done physical therapy for other injuries including knee pain but following the playlists is far better than working on your own and more comprehensive than a few exercises on a handout. Just get started and you'll see results."



"I am noticing that my range of motion is improving and my back pain is not an issue during the playlist. Once I have my strength, balance and flexibility back, allowing me to move, I imagine I can resume exercises to begin a weight loss journey."

"I am so happy to report that I went to an amusement park with my kids on Friday and had no back pain while standing in line. I still have a long way to go, but back in April, standing in lines at Disney was quite painful."

"I'm trying to keep up with my daily exercises. I am noticing the difference. Pain continues to decline. My range of motion is markedly improved. I had succumbed to the idea that I may need a cortisone shot to help heal, but the combination of Hinge Health and PT exercises seem to be paying off."

"I am having so much less pain. Some days with none. I am able to sleep better at night without struggling to find a comfortable position a good portion of the time. It is making a huge difference. I just had a great check up with my oncologist this week. He is so pleased I have stuck with the program. So am I!"

"Hinge is enabling me to be more active. I can do things that I couldn't before like getting off the floor with relative ease. I just baked some bread and I didn't need to stop and stretch out my back as I had no pain. I am very happy with the progress I have made."

**SchoolCare
members are
staying active
with Hinge Health
and expressing
gratitude for all
the program has
to offer.**



Being vigilant with my playlist gave me my life back! Prior to Hinge Health, I stopped all exercise due to the pain. Due to the coaching support and the tailored variety of exercises, I built up not only my flexibility and stamina but more importantly, my confidence. The month of July I was unstoppable with my 3 grandchildren, swimming, kayaking, hiking, fishing, etc. My takeaway is: movement is life; thanks to you and Hinge health for giving me a new lease on life."



"I am grateful for this program. I couldn't do the things I want to do now without the results I have experienced by regularly participating in the prescribed sequences of movements."

"I absolutely love the Enso device. Today, I went grocery shopping without a walker or cane. I also did not have to take anyone with me to help. I was so elated. Thank you so very much."

"I am able to crouch down without pain to pick up something off the floor or reach far into a lower cabinet. Barely have pain when I walk and I no longer have pain when I go downstairs. It's really life-changing! I am so thankful! Four years ago, I was wondering if I would need a knee replacement by the time I was 70 but now I have virtually no pain!"

"The burning pain at night is gone, I had almost forgot I ever had it! Hinge Health has to be what has helped. I signed up on a whim, but I really love the program and what it has offered to me."

"In reflecting on the first 8 weeks of the new year, I first think of how glad I am I chose to do this program. I feel stronger not only in regards to how my back feels but the confidence I'm gaining in caring for my whole self, mind and body."

Changing the lives of 400,000+ participants

