



Free Hinge Health Musculoskeletal Program!

If you are an employee on the school district's health insurance, please keep reading for more information about this exciting new program designed to not only save you money, but to also provide you with the best possible care.

Dear BPS Employee,

Your benefits team at Brevard Public Schools has been working hard to bring YOU another new program. Whether you are dealing with chronic back or joint pain, recovering from an injury, or just want more strength and flexibility, Hinge Health can help. Their digital programs connect you with a care team of experts to help you overcome musculoskeletal pain and help you get back to the activities you love.

Hinge Health's programs are available for **free** to you and your family members age 18+ who are enrolled in a Brevard Public Schools medical plan. [Follow this link to enroll today.](#)

Hinge Health provides the tools you need to get moving again from the comfort of your own home. Once enrolled, you will receive the Hinge Health Welcome Kit which includes:

- Wearable sensors that guide you through the exercises
- Digital access to your personal care team of experts, including a Physical Therapist and Health Coach, who tailor the program to your needs and work with you along the way.

For more information about this exciting new benefit, [click here](#). If you have any questions, please feel free to email hello@hingehealth.com or call (855) 902-2777.

Thank you!

Beth Thedy

Employees and 18+ dependents enrolled in a Cigna medical plan through Brevard Public Schools are eligible.

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