

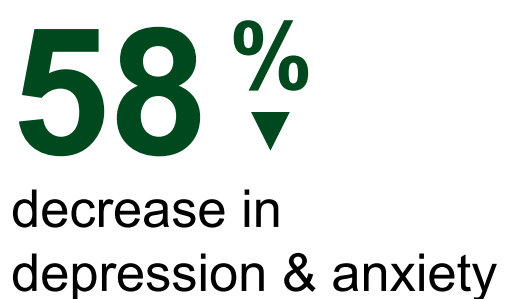
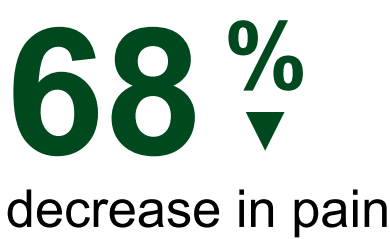


Sign up for Hinge Health

Hinge Health is a no-cost digital exercise therapy program provided to you by the City of Seattle that targets back, knee, neck, and other joint pain — and helps reduce the depression and anxiety that often comes with it.

[Join Hinge Health](#)

And it works! On average*, Hinge Health members experience:

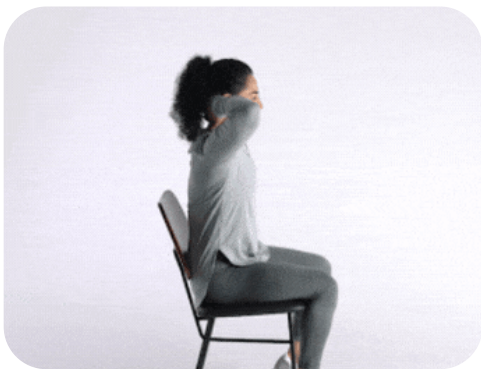


Do something great for yourself and sign up today. You'll get 1:1 support from a health coach along with educational articles to understand and help change how you think about pain.

[Join Hinge Health](#)

Energize your day with this 2-minute stretch

Get the blood flowing and recharge your mind with this stress-relieving gentle exercise.



Seated cat cow

Sit with your hands placed on your thighs. Inhale and arch your back, lifting your chin slightly. Exhale and round your back, drawing your chin to your chest. Repeat 5 times.

[Join Hinge Health](#)



Having an exercise routine has helped my overall wellness greatly. Not only are my neck and shoulder improving, but it also a great midday or evening stress reliever!

City of Seattle Member

*Participants with chronic knee and back pain after 12 weeks. Bailey, et al. Digital Care for Chronic Musculoskeletal Pain: 10,000 Participant Longitudinal Cohort Study. JMIR. (2020).

Employees and adult dependents on the City of Seattle's Most Benefits program. Includes both Aetna and Kaiser members.

Disclaimer: The information contained in this email is for educational and informational purposes only and does not constitute medical advice or professional services specific to you or your medical condition.

