Conquer back and joint pain without drugs or surgery

You and your eligible family members get free access to Hinge Health’s programs for back, knee, hip, shoulder, or neck pain, which include:

- Wearable sensors for live feedback in the app
- Unlimited 1-on-1 health coaching
- Personalized exercise therapy

Over 300k members have joined our programs so far, and cut their pain by nearly 70%!

Eligibility: Employees and dependents 18+ enrolled in a Northwestern University PPO medical plan are eligible.

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