



# Your partner for pain relief

With Hinge Health, you can get virtual physical therapy and more from real people who are dedicated to helping you feel your best.

## Specialized care, personalized for you

Reduce everyday joint and muscle aches. Recover from an injury.

- A care plan designed for your everyday activities and long-term goals — and to treat multiple areas of your body at once
- Access exercise therapy sessions you can do in as little as 15 minutes — anytime, anywhere with the Hinge Health app
- Get 1-on-1 support from a physical therapist or health coach to tailor your sessions as needed and help you reach your goals

Scan the QR code or visit:

[hinge.health/dupont-join](https://hinge.health/dupont-join)



Please use the default camera on your device to scan the QR code, not a third-party application. If you are directed to a site other than the URL listed above, do not proceed.



**\$0**

cost to you

Employees and eligible dependents (18 years and older) enrolled in the Core, Premium Saver, or Traditional Copay PPO.