



Dear Participants,

I'm excited to share that IUPAT District Council 11 Health Fund has expanded their benefits to now include **Hinge Health**, a digital exercise therapy program, to support back and joint health.

Hinge Health gives you the tools you need to conquer back and joint pain, recover from injuries, prepare for surgery, and stay healthy and pain free. Their programs are available to you and your eligible dependents (18+) at no cost. Plus, you can complete your customized care plan anywhere, any time.

You can see how Hinge Health can help you by enrolling today at **hinge.health/iupatdc11-enroll**.

If you have any further questions, contact Hinge Health at (855) 902-2777 or hello@hingehealth.com.

Warm Regards,
Jason Werthman