



LAUNCHING 1/1/2026!

Tackle joint and muscle pain where you need it most

With Hinge Health, get access to a tailored exercise program to help you recover from injuries, build strength, and more. Whether your aches are short-term or chronic, we'll help you get moving again.

Specialized care, personalized for you

- **1-on-1 support**
Work with a dedicated physical therapist and health coach to treat multiple body parts.
- **A care plan on your terms**
Get tailored exercises and video visits with your physical therapist that fit seamlessly into your busy life.
- **Technology that works for you**
Improve your form and build your confidence during exercises with real-time audio & visual guidance from our app.
- **All costs covered**
You earned Hinge Health benefits through CF Industries. There's zero cost to you (yes, really).

Join the waitlist today.
Scan the QR code or visit:

hinge.health/cfindustries-join



Employees and dependents 18+ enrolled in a BCBSIL medical plan through CF Industries are eligible.

\$0
cost to you

