

# Struggling with joint and muscle pain?

Get personalized pain care with Sun Life and Hinge Health

**One out of every two adults in the United States are affected by MSK pain.<sup>1</sup>**

That is why Sun Life is partnering with Hinge Health to provide you with leading musculoskeletal (MSK) care—to help relieve your joint and muscle pain with personalized exercise therapy **at no cost to you.**

With Hinge Health, you have access to:

- **Personalized exercise therapy**  
You'll be guided through 10-15 minute exercises a few times a week, increasing the level of difficulty when you're ready.
- **Instant feedback to guide your exercises**  
Motion-tracking technology helps you get your form right by providing feedback during your exercise sessions.
- **Dedicated 1-on-1 support**  
Your physical therapist and health coach will be there to guide you via text, email, or phone call to help tailor your program.



**On average, Hinge Health participants reduce their pain by 68%.<sup>2</sup>**

[Click here](#) to see how Hinge Health has helped other members with their pain.

**Take advantage of your Hinge Health benefit today!**

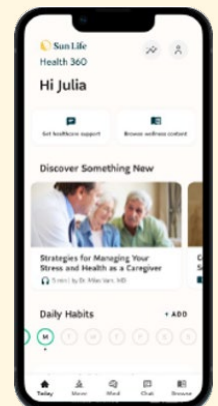
To learn how Hinge Health can help you, visit [hinge.health/sunlifehealth360](https://hinge.health/sunlifehealth360) or call **(855) 902-2777**.

Eligible family members 18+ can also join at no cost to them.

**Health and wellness support at your fingertips**

You can also access Hinge Health support along with many other health and wellness resources in the Sun Life Health 360 mobile or web-based app!

Get started at [sunlife.com/health360](https://sunlife.com/health360).



**You have access to Hinge Health services through your employer's benefits coverage with Sun Life. Sun Life U.S. is one of the largest providers of employee and government benefits, helping more than 50 million Americans access the healthcare they need.**

1. The State of MSK Care 2024 – A national consumer survey of 10,000 Americans in musculoskeletal pain. Hinge Health. 2024.

2. After 12 weeks, in a study of chronic knee and back program participants. Bailey JF, et al. Digital Care for Chronic Musculoskeletal Pain: 10,000 Participant Longitudinal Cohort Study. J Med Internet Res 2020;22(5):e18250.

Sun Life is not responsible or liable for the care, services, or advice provided by Hinge Health, and reserves the right to discontinue this service at any time.

Group stop-loss insurance policies are underwritten by Sun Life Assurance Company of Canada (Wellesley Hills, MA) in all states, except New York. In New York, Group stop-loss insurance policies are underwritten by Sun Life and Health Insurance Company (U.S.) (Lansing, MI).

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