



Provided to you through your employer's partnership with Sun Life

Hinge Health Onboarding



Member experience

Members can start moving the same day as enrollment



Visit the webpage
hinge.health/sunlifehealth360

***Must enroll first at the page listed above before signing in via the mobile app**



Download the
Hinge Health app

**Start
moving**



Discover
Hinge Health



Complete
onboarding
assessment to
enroll



Sign In and Begin
your first
exercise session



Welcome, Lana

Congratulations on taking a step towards achieving better back health. Let's try **just 3 easy stretches** to personalize your program.

Let's get started

Contact our support team

Need help? Reach us via the details below – we're here to help you!

Phone

US: +1 (855) 902-2777

Email

help@hingehealth.com

Live Chat

Click the chat widget in the bottom right corner of your screen to speak with a live specialist.