



IT'S TIME TO START THINKING ABOUT YOUR ANNUAL BENEFITS!

Make a positive, powerful change in your life

Sign up for Hinge Health, and be a movement person. Get virtual care to reduce everyday joint and muscle aches, recover from injury, and more.

Specialized care, personalized for you

- **1-on-1 support**
From a physical therapist or health coach.
- **A care plan**
Designed by your physical therapist for your everyday activities and busy life.
- **All costs covered**
You earned Hinge Health benefits through Anne Arundel County, Anne Arundel Community College, or Anne Arundel County Public Library.
- **Starting January 1, 2025**
We will offer a new Pelvic Floor program – for pregnancy and postpartum care, to improve bladder control, and much more.

Sign up today.

Scan the QR code or visit:

hinge.health/aacm-oe



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.

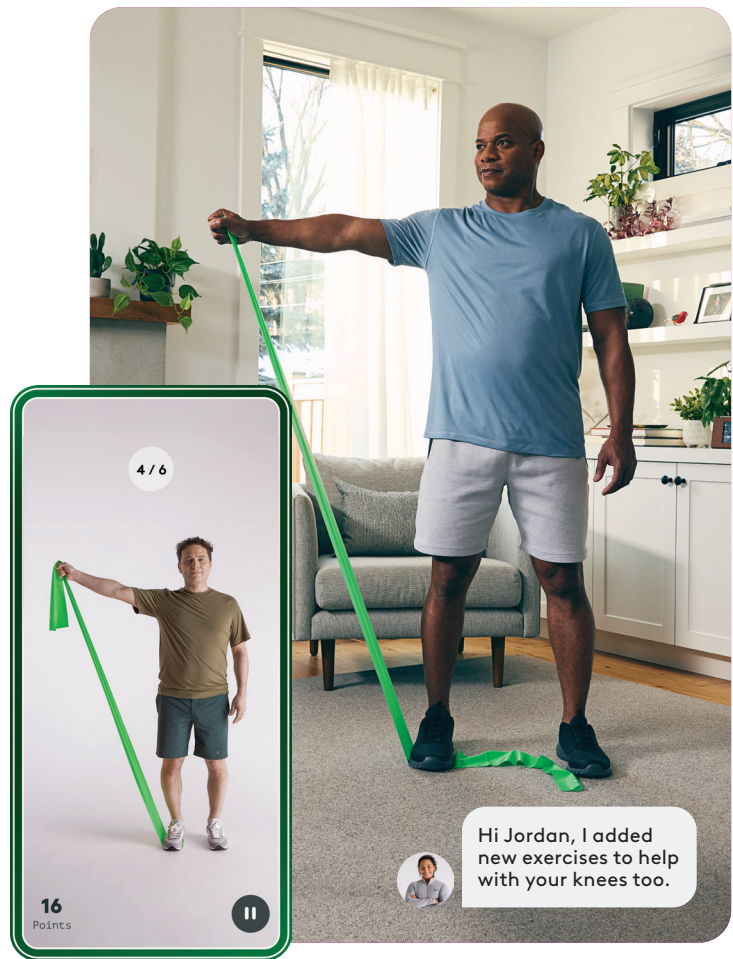
Hinge Health está disponible en español

Alivia los dolores articulares y musculares y previene las lesiones con tus beneficios de salud gratuitos.

Members and dependents 18+ enrolled in an Aetna® medical plan through Anne Arundel County (including Anne Arundel County Public Library and Anne Arundel Community College) are eligible.

Los usuarios y dependientes mayores de 18 años inscritos en un plan médico Aetna® a través de Anne Arundel County (incluyendo Anne Arundel County Public Library y Anne Arundel Community College) son elegibles.

Aetna has partnered with Hinge Health to provide services that are included in the Aetna Back and Joint Care Program. This program does not replace formal physical therapy in office prior to surgery. Aetna is the brand name used for products and services provided by one or more of the Aetna group of companies, including Aetna Life Insurance Company and its affiliates (Aetna).



Hi Jordan, I added new exercises to help with your knees too.