

\$0
cost to you



Join now
Get a yoga
mat on us!



*Restrictions apply. See below.

Michaels Everything
to create
anything

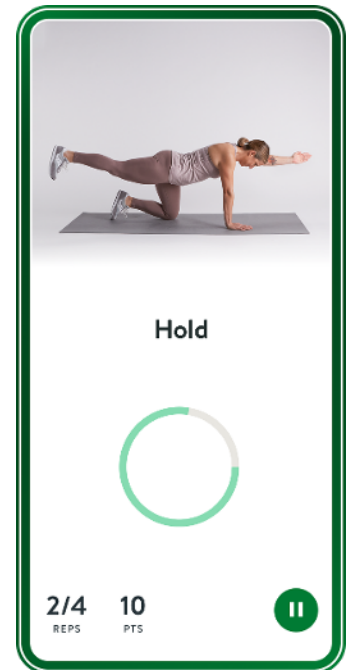
**Hinge
Health**

Personalized pain care that gets you moving

Relieve joint and muscle pain with personalized exercise therapy
at no cost to you. On average, participants reduce their pain by 68%.¹

- Virtual sessions anytime, anywhere
- Unlimited 1-on-1 health coaching
- Motion-tracking technology for instant form correction

Your family may be eligible, too!



To learn more and apply, scan the QR code or visit
hinge.health/michaels

Questions? Call (855) 902-2777

*Eligibility to receive a yoga mat is based on the program in which you are placed.

Team members and dependents 18+ enrolled in a Michaels medical plan are eligible.

¹After 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.