



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 Syneos Health.
- **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/syneoshealth-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 is a 100% employer-paid benefit available to Syneos Health employees, spouses and their dependents age 18+ who are enrolled in a Syneos Health medical plan at the time of program registration. If you are no longer enrolled in the Syneos Health medical plan and are currently registered for Hinge Health, access to your health coach and physical therapist will continue for 6 additional months after your coverage ends. You will still have access to the Hinge Health app and previously prescribed exercises indefinitely so that you can stay on track with your pain management. Visit our Hinge Health website, hinge.health/syneoshealth, or email hello@hingehealth.com with any questions.

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).