



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, relieve pelvic pain and discomfort, 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 .
There's \$0 cost to you.

Scan the QR code or visit:

hinge.health/echo-star-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.

\$0
cost to you



Employees and dependents 18+ enrolled in a UnitedHealthcare medical plan through EchoStar are eligible.