



TRANSPORTATION COMMUNICATIONS INTERNATIONAL UNION
LOS ANGELES METROPOLITAN AUTHORITY
 HEALTH & WELFARE TRUST FUND

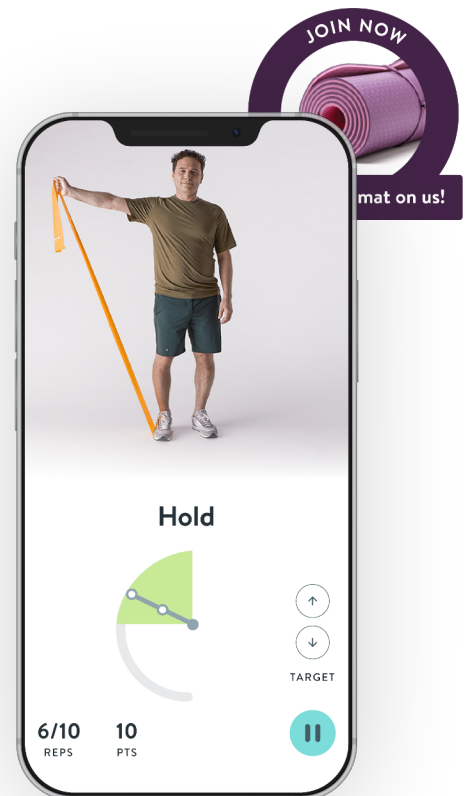
Control back and joint pain. And move freely.

COMING IN 2023!

Reduce your back and joint pain at home with Hinge Health. Get gentle exercises designed just for you, plus 1-on-1 support from your own care team. Best of all, there's no cost to you — **it's 100% covered by Transportation Communications International Union-Los Angeles Metropolitan Authority Health & Welfare Trust**

- Overcome pain or limited movement
- Recover from a recent or past injury
- Keep your joints healthy and pain free

Eligibility: Employees and dependents 18+ enrolled in a medical plan through Transportation Communications International Union-Los Angeles Metropolitan Authority Health & Welfare Trust Fund are eligible.



Call (855) 902-2777 for more info or visit:
HINGEHEALTH.COM/TCULAMTA2023

