



Tackle joint and muscle pain where you need it most

With Hinge Health, get access to a tailored program that gives you access to virtual exercise therapy and more to help you recover from injuries, build strength, improve your mobility, and more. Whether your aches are short-term or chronic, we'll help you get moving again.

\$0
cost to you

Specialized care, personalized for you

- 1-on-1 support**
Work with a dedicated physical therapist and health coach to treat multiple body parts.
- A care plan on your terms**
Get tailored exercises and video visits with your physical therapist that fit seamlessly into your busy life.
- Technology that works for you**
Improve your form and build your confidence during exercises with real-time audio & visual guidance from our app.
- All costs covered**
You earned Hinge Health benefits through Granite Construction.



Sign up today.
Scan the QR code or visit:

hinge.health/graniteconstruction-25



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.

Participants must be 18+ and enrolled in an Anthem medical plan through Granite Construction.

Empleados y dependientes deben ser mayores de 18 años y estar inscritos en un seguro médico de Anthem a través de Granite Construction.