



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 physical therapy and more, to reduce everyday joint and muscle aches, recover from injury, relieve pelvic pain and discomfort and improve your mobility.

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 Tetra Tech. **There's \$0 cost to you.**

Scan the QR code or visit:

hinge.health/tetratech-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 and over enrolled in a Tetra Tech sponsored medical plan administered by Aetna, Anthem, Cigna, or UnitedHealthcare are eligible.