

Got Pain?

NECK • BACK • SHOULDER • KNEE • FOOT • HIP • ELBOW • ARM • HAND • PELVIC REGION

Hinge Health Event: Physical Therapy Intro Sessions

Meet with a Hinge Health physical therapist and take the first step toward finding relief from your joint and muscle pain!

- Therapists are available for 15-minute onsite consultations to discuss your pain and get you started on the program (*new enrollees only*).
- Step 1: [Schedule an appointment](#) and begin the application process.
- Step 2: Check your email and follow the steps to complete your application and confirm eligibility (prior to your appointment).

Consultations from 7 a.m. to 5 p.m.

Thursday, July 11

Public Works

Building 1, Room A230,
22211 U.S. Hwy 19 N., Clearwater

Friday, July 12

Downtown Clearwater

400 S. Ft. Harrison Ave.
Annex Room 130

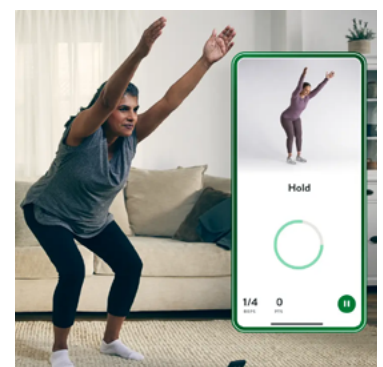
www.pinellas.gov/hinge-health



Personalized program

Hinge Health: Exercise Therapy Without Leaving Home

- Digital therapy from anywhere
- Just 15 minutes a day
- Personalized help via video/text
- Free to employees and their adult dependents enrolled in a Pinellas County medical plan



Easy-to-follow exercises



6/17/24

Pinellas County Wellness Program
wellness@pinellas.gov
(727) 464-3367, option 1

