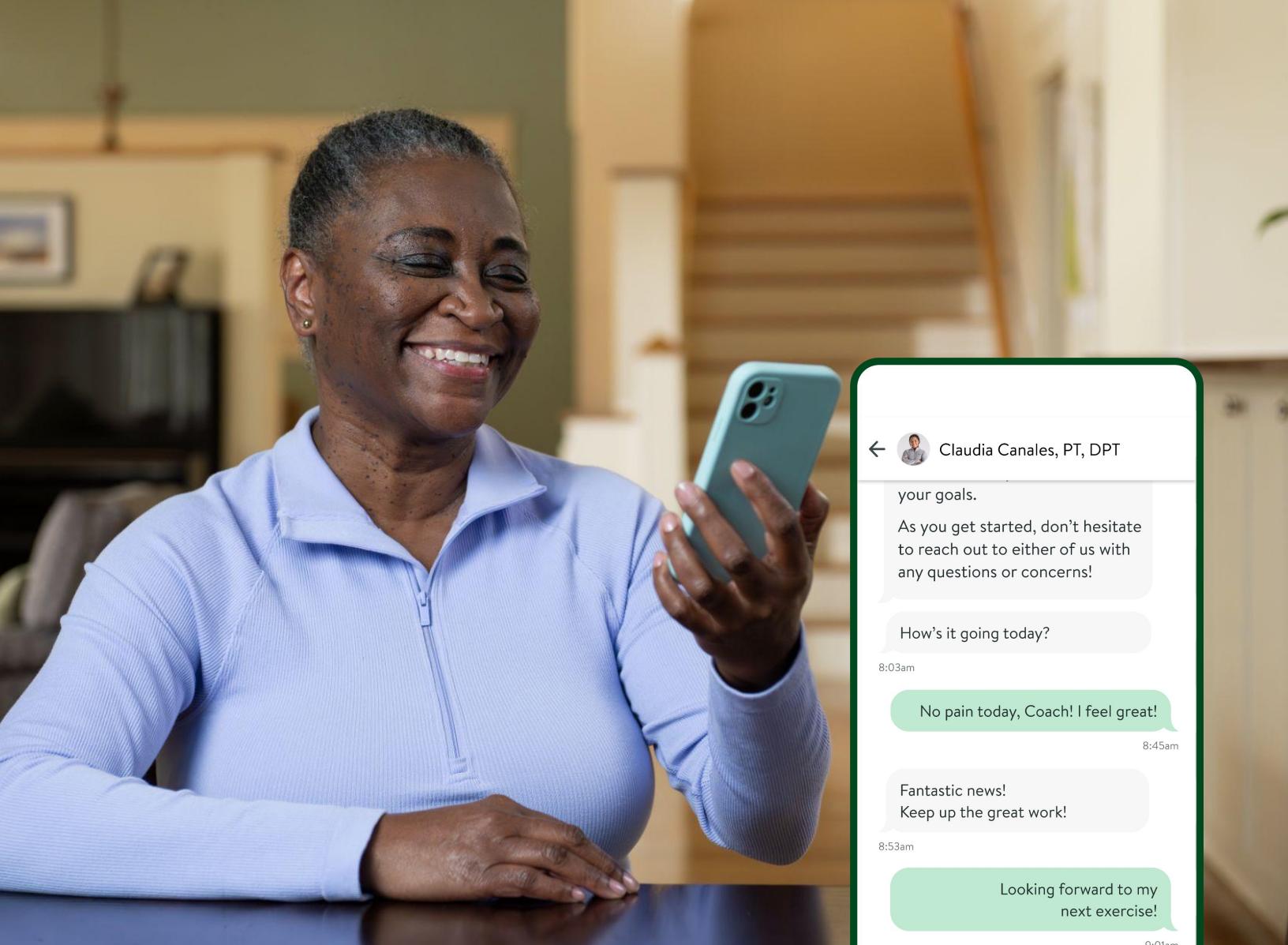


Your Members, Their Voices

A collection of testimonials from Cintas partners whose lives have been changed by Hinge Health.





Member Experience Matters

Throughout their Hinge Health journey, participants share countless messages describing life-changing experiences. Here are a few examples, in their own words, of how Cintas members have benefited from the program and appreciated their experience.

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“I am so grateful for this program! Before I started, I was having a hard time climbing stairs and walking for long periods of time. I am moving so much better now! My legs are so much stronger. I am now branching out with strength training my upper body and doing walking workouts.”

“As the exercises are getting a little more challenging, I can see the benefit of movement helping to heal the pain.”



“Today was a significant milestone when I had both hands full, balancing a few things, and was able to get easily into my car with no pain and no concerns. Before I started Hinge Health, I would have to put everything down and use both hands to carefully ease myself down into the car seat and still have a significant amount of pain and discomfort in that process. A good indicator on how much progress I’ve made in just the last few months.”

“I am feeling so much stronger, and moving better than I have for a while. I am so grateful.”



"While visiting with some of my grandchildren over this previous weekend, I was able to enjoy more active playtime with each of them for a longer time with less pain during a variety of activities."

"Thank you so much! The exercise therapy is working wonders! I am moving better than I have in a while."



"Thank you for your encouragement and support! One physical change I've noticed since starting is less swelling of my feet and better balance! I'm very grateful and motivated to keep continuing with the sessions."

"Today was the first day that my back pain/ discomfort has been manageable. I was able to work without any extra discomfort."

"The Enso is working well. The hip pain appears only when I am lying on my side for a while. The exercises are helping!"



**Delivering Clarity,
Convenience,
and Cost Savings**