



BENEFITS WISE

DECEMBER 2022

BETTER BENEFITS THROUGH COLLABORATION

Join the **444** ICUBA members who have enrolled in  Hinge Health programs this year



196
Back Programs



100
Neck Programs



64
Knee Programs



44
Hip Programs



40
Shoulder Programs

Hinge Health is now supporting the continuum of pelvic floor disorders with the **Women's Pelvic Health Pathway!**



Meet **Enso**, pain relief without drugs or surgery!

ICUBA covers **100%** of the cost of participating in **Hinge Health**, so you can get started on your journey at no cost! To get started call (855) 902-2777 or apply online at HINGEHEALTH.COM/ICUBA.

54% OF PARTICIPANTS EXPERIENCE A SIGNIFICANT **REDUCTION** IN **CHRONIC PAIN** WITHIN 6 WEEKS.



56% OF PARTICIPANTS EXPERIENCE SIGNIFICANT **INCREASES** IN **PRODUCTIVITY** AT HOME AND WORK.

Register today to learn more about Enso

- Non-addictive electrical nerve stimulation
- Lightweight device with companion app
- For members with higher pain levels



SCAN ME!

Sick of diabetes medications?

We can help.

Virta is a research-backed treatment proven to help patients:

- ✓ Reverse type 2 diabetes
- ✓ Lose weight
- ✓ Eliminate diabetes medications
- ✓ Reduce A1c

virtahealth.com/join/icuba



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Virta is available to ICUBA members and eligible dependents between the ages of 18 and 79. This benefit is currently being offered to those with type 2 diabetes. There are some medical conditions that would exclude patients from the Virta treatment. Start the application process now to find out if you qualify.

Virta uses nutritional ketosis to naturally lower blood sugar and turn the body into a fat-burning machine. There is no surgery, required exercise, or calorie counting on Virta. With Virta's personalized treatment plan, each patient gets medical supervision from a physician-led care team, a one-on-one health coach, diabetes testing supplies, educational tools like videos and recipes, and a private online support community.

ICUBA covers **100%** of the cost of participating in Virta, so you can get started on a life free from Type 2 Diabetes, at no cost!

To get started visit

www.virtahealth.com/join/icuba

Questions? Email support@virtahealth.com