

What is Hinge Health?

How does the program work?

Hinge Health is an exercise therapy program designed to address chronic **back, knee, hip, neck, shoulder, or other pain**. It's convenient and fits your schedule — it can be done anywhere, at any time.

What does the program include?

1. **Personalized exercise therapy** to improve strength and mobility in short, 15-minute sessions
2. **Personal care team** to provide care, motivation, and support virtually
3. **Interactive education** to teach you how to manage your specific condition, treatment options, and more

Who is in my care team?

Your care team includes a personal health coach and physical therapist. You will work with the same care team throughout your entire experience.

How much does the program cost?

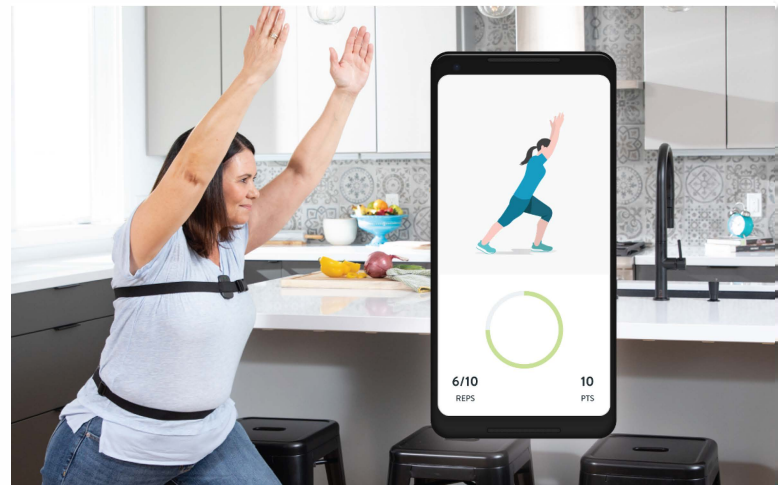
It's **free** for eligible participants. This includes the Hinge Health kit, which you can keep forever.

Who is eligible?

Members, pre-65 retirees, and dependents 18+ enrolled in a PRISM medical plan through Anthem or Blue Shield of California are eligible (includes EPO, PPO and HDHPs - HMOs will have access to Hinge beginning January 1, 2024).

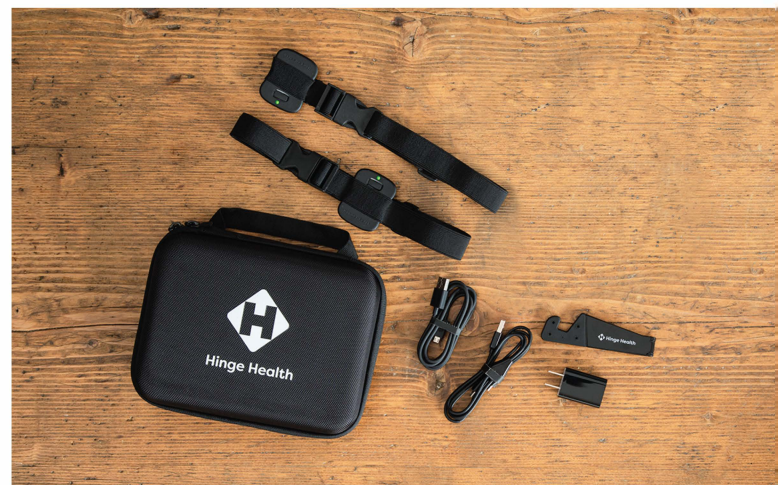
How do I apply?

Take a short online questionnaire following the link below, telling us about your pain. No referral or diagnosis needed from a doctor.



What results do participants see?

- 60% average pain reduction
- 2 out of 3 surgeries avoided



What's inside the Hinge Health kit?

You'll receive wearable motion sensors that give you live feedback during exercises.