

Hinge Health Digital Physical Therapy Program

Free on **Diamond, Platinum, Gold, Silver & Bronze** Health Plans

Save Time & Money Overcoming Joint & Back Pain Anytime, Anywhere



Participate for Free

- » Visit www.hingehealth.com/opehwbenefits
- » or call **800.672.2567**

The Hinge Health Method

An over-reliance on traditional drug and surgical interventions to musculoskeletal issues continues to exist, resulting in **50%** overspend in unnecessary and avoidable costs

As a replacement to surgery, **Hinge Health** has pioneered a proven **3-pronged** solution of exercise therapy, behavioral therapy and education to tackle chronic back and joint pain, which also demonstrates reductions in the rates of depression, anxiety and absenteeism by more than **50%**

Exercise Therapy

- » A free tablet and wearable sensors for real-time feedback and tracking
- » During stretching and exercising the **Hinge Health** app watches
- » Providing real-time feedback of form and range of motion tracking

Behavioral Therapy

- » Unlimited 1-on-1 coaching boosts engagement
- » Coaches provide personalized support via text, email, or call to help you reach your goals

Education

- » Personalized and interactive curriculum empowering better choices
- » Guided lessons of 15-minutes each, with the level of difficulty increasing only when ready

Lives Changed

- » **71%** Reported Reduced Pain
- » **67%** Avoided Surgery
- » **23%** Reduced Opioid Use