

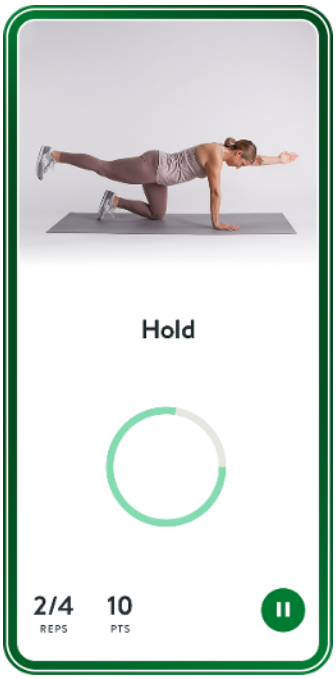
Hinge Health

Personalized pain care that gets you moving

Relieve joint and muscle pain with personalized exercise therapy **at no cost to you**. On average, participants reduce their pain by 68%.[1]

- **Virtual sessions anytime, anywhere**
- **Unlimited 1-on-1 health coaching**
- **Motion-tracking technology for instant form correction**

Your family may be eligible, too!



How do I get started?

Hinge Health will reach out to eligible members with program details and next steps.

*Source: Hinge Health 2017-2019 Outcomes Analysis. 241832.1221

Eligibility: Participants must be clinically eligible, 18+ and enrolled in a Fully Insured medical plan through BCBSIL.