



What is Hinge Health?

How does the program work?

Hinge Health is an app-based exercise therapy program for **back, knee, hip, neck, or shoulder pain**. It can be done anywhere, anytime, unlike traditional physical therapy.

What does the program include?

1. **Personalized exercises** to reduce pain and improve your strength and mobility in short 15-minute sessions.
2. **1-on-1 health coaching** to help you reach your goals and stay on track with your program.
3. **Virtual hands-on care** to ensure you're doing the exercises correctly and learning how to manage your pain.

What is a health coach?

A health coach is an accountability partner. They work with you throughout the program to help you create and stick with your goals.

How much does the program cost?

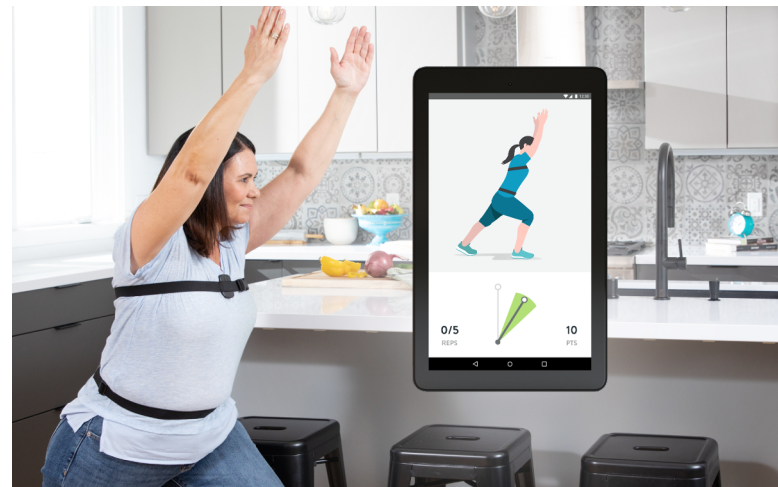
It's **free** for eligible participants. This includes the Hinge Health kit, which you can keep forever.

Who is eligible?

Employees and dependents 18+ enrolled in a BCBSTX UTSelect Medical Plan are eligible.

How do I apply?

Use the link below to get started with Hinge Health. No referral or diagnosis needed from a doctor.



What results do members see?

- 68% average pain reduction
- 58% average decline in anxiety and depression
- 2 out of 3 surgeries avoided



What's inside the Hinge Health kit?

Your kit may include motion sensors and a free tablet.

