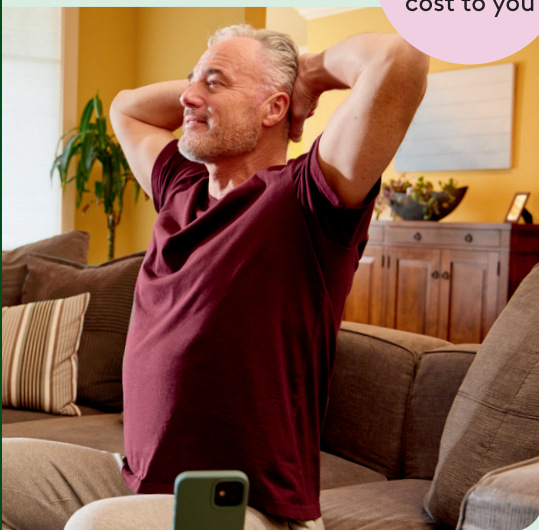


ANNUAL ENROLLMENT

Hinge Health: virtual physical therapy and more

100% covered by The Specialty Alliance

\$0
cost to you





Pain relief for every body

Treat multiple types of joint and muscle pain, recover from injury, improve your mobility and more with access to virtual physical therapy. So you can move with confidence every day.

Your benefit at a glance

Personalized joint and muscle care. At no cost to you!



Instant form
feedback during
exercise sessions



A care plan
designed by a
physical therapist



1-on-1 support
from a dedicated
care team



Physical therapists are trained to help you modify your daily activities to address weaknesses and imbalances, improve your function, and reduce pain.

— Christynne, PT, DPT, Hinge Health physical therapist

Pain relief that's centered around you

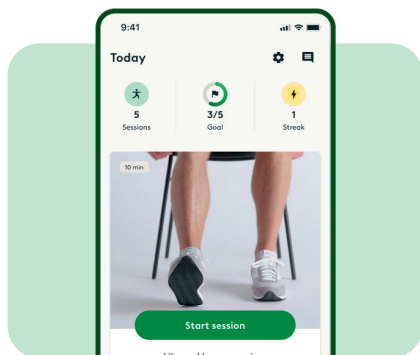
Between work and family responsibilities, finding time to reduce pain and improve your joint and muscle health isn't easy. So we partnered with Hinge Health to help you and your family get the care you need. All it takes is a smartphone or tablet—it's just that easy.



Tackle joint and muscle pain when you need it the most with Hinge Health.

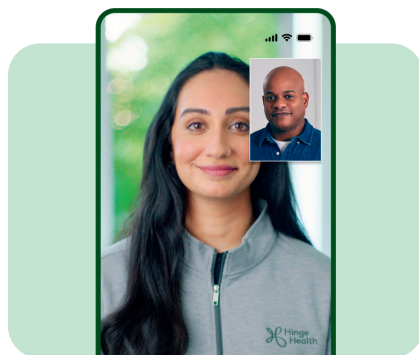
The Hinge Health app is mission control for pain relief

Everything you need during your program is in the app



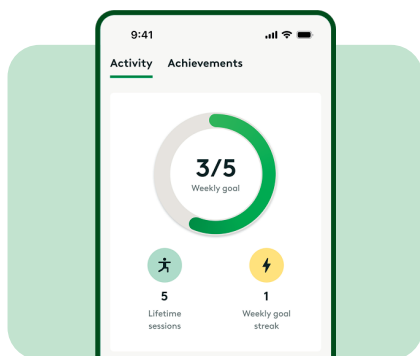
Daily exercise playlist

Reduce pain with exercises designed by a physical therapist.



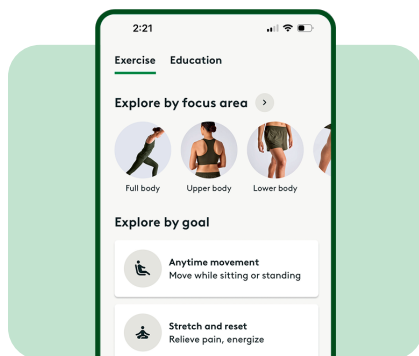
Physical therapist video visits

Meet with your care team to discuss your program in app.



In-app tracking

See daily progress on exercise goals and achievements.



Exclusive member resources

Get articles, additional exercises, guided meditations, and more.



I have more confidence in moving my body, and I continue to sleep better. I find myself having "movement snacks," taking the stairs, and parking farther away.

— Star, Hinge Health member

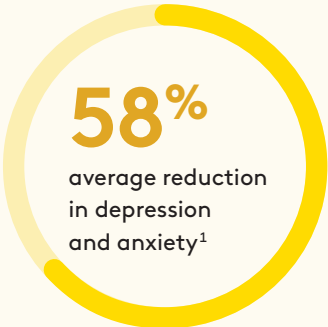


Having a health coach was very useful in knowing that there is somebody looking after you. I could visualize the strategy and the guidance of the health coach.

— Vikas, Hinge Health member

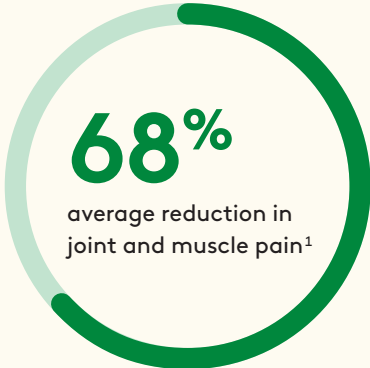


Real relief. Real results.



58%

average reduction
in depression
and anxiety¹



68%

average reduction in
joint and muscle pain¹



1M+

members treated



¹ Bailey et al. (2020) 12-week digital care for chronic back and knee MSK pain. JMIR. (N=10,264).

How small moves can make a big impact

Gentle exercises designed by physical therapists are one of the best ways to help you safely reduce pain and discomfort. And you can start small, too. Just a few minutes of movement a day can get you on the path to pain relief.



Scan the QR code or visit

hinge.health/specialtyalliance-guide

Please use the default camera on your device to scan the QR code, not a third-party application. If you are directed to a site other than the URL listed above, do not proceed.

1. Bailey et al. (2020) 12-week digital care for chronic back and knee MSK pain. JMIR. (N=10, 264)

Participants must be 18+ and enrolled in a BlueCross BlueShield of Texas (BCBSTX) medical plan through The Specialty Alliance.

Los participantes deben ser mayores de 18 años y estar inscritos en un plan médico de BlueCross BlueShield of Texas (BCBSTX) a través de The Specialty Alliance.