



# Hinge Health

## for Chronic Back and Joint Pain

### A Digital Musculoskeletal (MSK) Program

For Standard Plans 2-150\*.

Blue Cross and Blue Shield of Illinois (BCBSIL) is providing the Hinge Health digital musculoskeletal program led by physical therapists (PTs) and health coaches at no extra cost to members. This personalized remote care can be done in the comfort of the member's own home.

#### Musculoskeletal Management Solution

Hinge Health is a digital health company providing a musculoskeletal program that turns established, proven, non-surgical care guidelines into a coach and PT-led program delivered remotely using mobile and wearable technology.

The Chronic care pathway for back, hip, knee, shoulder, and neck pain includes a 12-week core program and annual access to:

- Dedicated care team: a PT who designs the member's custom care plan, and a health coach to support program adherence
- Personalized, science-based education curriculum
- Sensor-guided exercise therapy that improves strength and mobility with real-time feedback and tracking

#### For Employers

To support the program:

- Reports available at 6 and 12 weeks including recruitment and enrollment summary, member engagement and outcomes
- Seamless integration into your BCBSIL health plan, including program marketing and enrollment by Hinge Health
- Currently 80% of employers with a digital MSK solution choose Hinge Health\*\*

Hinge Health will receive a weekly file of eligible members. Because chronic musculoskeletal conditions are not always identifiable through a claims screen, BCBSIL provides Hinge Health with the entire membership eligibility. On enrollment, member completes a brief health assessment to determine full eligibility for the program.

**Annual access for all care pathways at no additional cost.**

Hinge Health is an independent company that provides an online Musculoskeletal Management program for Blue Cross and Blue Shield of Illinois. Hinge Health is solely responsible for the products and services that it provides. BCBSIL makes no endorsement, representations or warranties regarding third-party vendors and the products and services offered by them.

\* Not available for Health Maintenance Organization (HMO) networks.

\*\* Based on total number of US clients with a digital MSK solution and the Hinge Health Book of Business

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