



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 BCBSTX.

