



 GUIDED VIRTUAL EXERCISE THERAPY

## GET RELIEF FROM ACHES AND PAINS

Reduce your pain and increase flexibility and strength —  
at no additional cost to you

# Tired of being sore and tired?

If you're struggling with joint or muscle pain, get relief with guided virtual exercise therapy.

Hinge Health is a digital exercise therapy program you can do anywhere, anytime through a convenient app. It's a part of your health plan, so there is no additional cost to you.

No appointments. No copays.

You'll be matched with a personal physical therapist and get everything you need to get started, including:

- Unlimited virtual exercise therapy sessions
- Personalized sessions that address your specific pain, which take as little as 15 minutes
- Wearable sensors that track your movements for instant feedback on your form
- One-on-one health coaching via text, email or telephone to help tailor the program for your needs

Whether you experience the occasional dull ache or frequent sharp pain, or have had an injury, past or present, Hinge Health can provide expert support tailored to your specific job and lifestyle so you can live with less pain. To learn more, visit [hinge.health/bcbsmnem](https://hinge.health/bcbsmnem)



67% of participants avoid surgery

- Increase range of motion
- Recover from injury
- Conquer pain

## ENROLL NOW

Call 1-855-902-2777 or visit [hinge.health/bcbsmnem](https://hinge.health/bcbsmnem) to get started today.

Net Promoter Score/Member Satisfaction, 6 & 12 Week Outcome reports. Data for all client groups from 1/1/2022 – 12/31/2022, pulled 5/23/2023.

JF Bailey, et al, "Digital Care for Chronic Musculoskeletal Pain," Journal of Medical Internet Research, May 2020. (N=10,264) [jmir.org/2020/5/e18250/](https://jmir.org/2020/5/e18250/)

Hinge Health two-year comparison study, 2021.

Participants must be 18 or older and enrolled in their employer's Blue Cross and Blue Shield of Minnesota health plan.

Hinge Health is an independent company providing musculoskeletal care services. Blue Cross® and Blue Shield® of Minnesota and Blue Plus® are nonprofit independent licensees of the Blue Cross and Blue Shield Association.

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