



BlueCross BlueShield  
of Texas

UT SELECT |  Hinge Health



## Treat your pain anywhere, anytime with exercise therapy from Hinge Health

Hinge Health is an app-based exercise therapy program for people looking to reduce low back, knee, hip, neck or shoulder pain. The program is available for UT Select health plan members and eligible dependents at zero cost.

### The program is 100% digital and includes:

- Personalized exercise therapy to reduce pain and improve strength and mobility. All it takes is 15 minutes a day.
- Unlimited 1-on-1 health coaching to help you reach your goals and stay on track with your program.
- Virtual hands-on care to ensure you're doing the exercises correctly and learning how to manage your pain.

### How to Apply:

1. Visit [hingehealth.com/utsystem](https://hingehealth.com/utsystem)
2. Set up an account and password to get started
3. Answer a few questions about your pain (10 minutes)
4. Receive a follow up email within 24-48 hours

