What is Hinge Health?

How does the program work?
Hinge Health is an app-based exercise therapy program for back, knee, hip, neck, or shoulder pain. It can be done anywhere, anytime, unlike traditional physical therapy.

What does the program include?
1. Personalized exercises to reduce pain and improve your strength and mobility in short 15-minute sessions.
2. 1-on-1 health coaching to help you reach your goals and stay on track with your program.
3. Virtual hands-on care to ensure you’re doing the exercises correctly and learning how to manage your pain.

What is a health coach?
A health coach is an accountability partner. They work with you throughout the program to help you create and stick with your goals.

How much does the program cost?
It’s free for eligible participants. This includes the Hinge Health kit, which you can keep forever.

Who is eligible?
Employees and dependents 18+ enrolled in a BCBSTX UTSelect Medical Plan are eligible.

How do I apply?
Use the link below to get started with Hinge Health. No referral or diagnosis needed from a doctor.

What results do members see?
- 68% average pain reduction
- 58% average decline in anxiety and depression
- 2 out of 3 surgeries avoided

What’s inside the Hinge Health kit?
Your kit may include motion sensors and a free tablet.

To learn more call (855) 902-2777, or apply at: HINGEHEALTH.COM/UTHEALTH