







Conquer back and joint pain without drugs or surgery

You and your eligible family members get free access to Hinge Health's programs for back, knee, hip, shoulder, neck, and other pain, which may include:

- Wearable sensors for live feedback in the app
- Unlimited 1-on-1 health coaching
- Personalized exercise therapy

Over 180,000 members have joined our programs so far, and cut their pain by nearly 70%!

Eligibility: Members, pre-65 retirees, and dependents 18+ enrolled in a PRISM medical plan through Anthem or Blue Cross Blue Shield of California are eligible (includes EPO, PPO, and HDHPs).



