



## Help high risk members tackle chronic musculoskeletal pain

Hinge Health's chronic musculoskeletal (MSK) program is available to Blue Cross and Blue Shield of Illinois (BCBSIL) Fully Insured Groups at no additional cost.

### Address chronic MSK pain with \$0 impact on your premium

While chronic back, neck, and joint pain affects millions of American employees, it often goes untreated, leading to low productivity, depression and anxiety, and avoidable treatments like opioids and costly invasive surgeries<sup>1</sup>. Hinge Health is designed to support high risk members with a history of chronic MSK pain by delivering whole person care through customized exercise therapy, education, and behavioral support.

The program has **\$0 impact on your premium** and is completely managed by Hinge Health and BCBSIL, making it easy to turn on and provide a positive impact to health and wellbeing.

**69%**

Reduction in physical pain,  
4x better than opioids

**58%**

Reduction in  
depression and anxiety

**62%**

Improvement in work  
productivity

**2 in 3**

Surgeries  
avoided

Hinge Health is the only digital MSK solution with large-scale and two-year outcomes studies validated by researchers at leading US universities.

<sup>1</sup>Harvard Business Review (2020). The Future of Digital Care: Tackling the Costs of Physical and Emotional Pain in the Workplace.  
<sup>2</sup>Bailey (2020). JMIR. 10,000 Participant Longitudinal Cohort Study.



Members are paired with a dedicated PT and board-certified health coach. Motion sensors provide real-time feedback to the member and their PT about their progress.

## Digitizing best practice care for chronic MSK conditions

Hinge Health delivers digital exercise therapy plus behavioral support through a full clinical care team. The program includes:

- A dedicated PT who creates and delivers personalized care plans
- A board-certified health coach to provide accountability and support every step of the way
- An all-in-one app and wearable technology that enable guided physical therapy for real-time feedback and tracking

The complete clinical care team paired with advanced technology provide members with the care and convenience they need to tackle chronic pain from the comfort of their own homes.

**Want to provide digital MSK care to your high risk members?**

Reach out to your BCBSIL account team to confirm Hinge Health