

# HINGE HEALTH



## MUSCLE & JOINT PAIN PROGRAM

**FREE** WITH **DIAMOND, PLATINUM, GOLD, SILVER & BRONZE** HEALTH PLAN OPTIONS

## SAVE TIME & MONEY OVERCOMING JOINT & BACK PAIN ANYTIME, ANYWHERE

### PARTICIPATE FOR FREE

» CALL **800.672.2567**



### THE **HINGE HEALTH** METHOD

An over-reliance on traditional drug and surgical interventions to musculoskeletal issues continues to exist, resulting in **50%** overspend in unnecessary and avoidable costs.

As a replacement to surgery, **Hinge Health** has pioneered a proven **3-pronged** solution of exercise therapy, behavioral therapy, and education to tackle chronic back and joint pain, which also demonstrates reductions in the rates of depression, anxiety, and absenteeism by more than **50%**.

### EXERCISE

- » Free Tablet Computer & Wearable Sensors
- » Real-Time Feedback & Tracking
- » During Stretching & Exercising the App Watches

### THERAPY

- » Unlimited 1-on-1 Coaching.
- » Coach Provided Personalized Support.

### EDUCATION

- » Personalized & Interactive
- » **15-Minute** Guided Lessons

### BODY AREAS SUPPORTED

- » Ankle
- » Knee
- » Hip
- » Pelvic Floor
- » Back
- » Neck
- » Shoulder
- » Elbow
- » Wrist
- » Hand

## OUTCOMES

**78%** Reduced Pain

**74%** Avoided Surgery

**23%** Reduced Opioid Use



## ENSO PAIN RELIEF DEVICE

- › Groundbreaking Wearable Technology for Everyday Pain Relief.
- › Addresses Musculoskeletal Pain Without Drugs or Surgery.
- › FDA Approved Wearable Device.
- › Non-Addictive & Non-Invasive.
- › Attaches to the Skin with an Adhesive Gel Pad.
- › Comfortable to Wear Exercising.
- › Does Not Lose Effectiveness Over Time.
- › Releases Endorphins.
- › Controlled Through Mobile App.
- › Personalized Care Plan to Address Participants Unique Pain Needs.



### ENSO OUTCOMES

After 4-Weeks Of Daily Use.

- › **54% Reduced** Pain.
- › **31% Improved** Walking Function.
- › **32% Increased** Mobility.

## HINGE CONNECT

- › Integrating Hinge's Clinical Care Team.
- › In-Person Providers for Real-Time Interventions.
- › Utilizes Electronic Medical Records from 750k Providers.
- › Identifies Less-Invasive Care Opportunities.
- › Helps Prevent Surgical Solutions & Opioid Prescriptions.
- › Provides Non-Invasive & Non-Addictive Alternatives.



## DIGITAL MUSCULOSKELETAL CLINIC

- › **Prevention** Job-Specific Exercises & Education.
- › **Acute** Virtual PT for All Joint & Muscle Groups.
- › **Chronic** Exercise, Education & Behavioral Change.
- › **Surgery** Rehab & Continuity of Care.

### CLINIC OUTCOMES

- › **60% Reduced** Pain.
- › **66% Avoided** Planned Surgeries.
- › **80% Not Considering** Future Surgeries.

## PRECISION MOVEMENT TRACKING

- › **87** Unique Points on the Body Tracked.
- › Full-Body Assessments of Strength, Balance & Flexibility.
- › Real-Time Feedback to Correct Form & Build Confidence.

