

100% covered

One app. So many ways to reduce pain.

Most of us don't have just one ache. It's the lower back after a long week, the shoulder that flares at your desk, the migraine that shows up uninvited. Hinge Health was built for all of it.

Hinge Health offers access to app-based virtual physical therapy and more, including a personalized exercise program, a dedicated care team, and real-time guidance that shows you you're doing it right.

The best parts: You can use Hinge Health on your schedule, wherever you are, right from your phone.

Your program includes:

- ✓ **Muscle and joint pain**
Ease back, neck, shoulder, knee, and joint pain at home.
- ✓ **Pelvic Floor Therapy**
Treat pelvic floor leaks, pain, and postpartum recovery.
- ✓ **Enso®**
Soothe pain with the FDA-cleared Enso wearable.
- ✓ **Injury recovery**
Bounce back from a new strain, sprain, or pulled muscle.
- ✓ **Menopause**
Relieve hot flashes, sleep issues, joint pain, and more.



For more about your benefit, scan the QR code or visit:

hinge.health/cisoregon-myprogram

Questions? Call (855) 902-2777

Please use the default camera on your device to scan the QR code, not a third-party application. If you are directed to a site other than the URL listed above, do not proceed.



Participants must be 18+ and enrolled in a Regence BlueCross BlueShield of Oregon medical plan. Regence BlueCross BlueShield of Oregon is an Independent Licensee of the Blue Cross and Blue Shield Association. Hinge Health is a separate company that provides virtual physical therapy services.

**Eligibility to receive Hinge Health Enso is based on the program in which you are placed, fulfillment of clinical eligibility criteria, and completion of a qualifying number of exercise sessions

¹Bailey et al. (2020) 12-week digital care for chronic back and knee MSK pain. JMIR. (N=10,264)