

Chronic Back, Hip and Knee Pain

HINGE HEALTH PROGRAM

Conquer pain without surgery or drugs. Best-practice care conveniently delivered digitally.

OVERVIEW

This is a 12-week, coach-led digital musculoskeletal (MSK) program based on proven non-surgical care guidelines. It is delivered remotely using mobile and wearable technology and is focused on 3 core pillars:

- **Exercise Therapy** – Wearable sensors and tablet provided for real-time movements feedback.
- **Behavioral Health** – Cognitive behavioral therapy and unlimited 1:1 coaching.
- **Education** – Personalized and interactive education curriculum.

Chronic hip, shoulder and neck pain programs will be available 1/1/2020.

FEATURES

\$0 Out-of-pocket cost to member*

12-week program includes:

- Welcome Kit includes: tablet pre-installed with Hinge Health app, 2 wearable motion sensors, charging units, carrying case, getting started tutorial
- Unlimited, personalized exercise therapy sessions
- Unlimited 1:1 access to personal health coach via email, text and phone (typically engaging 3-5 times/week, min. of 2/week)
- Personalized educational content weekly
- Cognitive Behavioral Therapy modules in addition to peer support and discussion boards

Typically, a doctor's prescription is not needed, but the member will go through a clinical screening to determine eligibility for the program.

Wi-Fi is not required to complete the exercise therapy sessions, but occasional Wi-Fi is required to send participant activity to the coach.

HOW IT WORKS

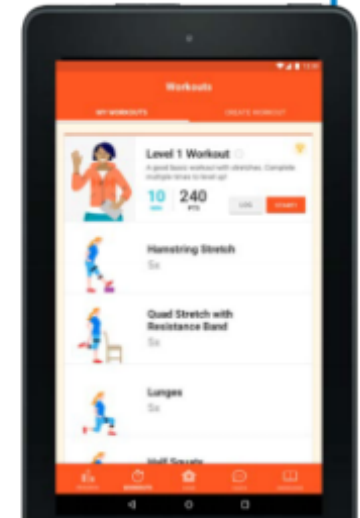
How to sign-up: Visit hingehealth.com/UTS or contact a health advocate 866-882-2034 for information.

Who is eligible: When you sign-up, you'll complete a screening questionnaire. This program addresses chronic not acute pain. Common reasons someone is not eligible for the program include: pain duration < 6 weeks, recent injury or surgery. If you're eligible, you'll be notified after you complete the screening online.

Getting started: After enrollment, the Welcome Kit usually arrives within a week. Next, connect with your coach to design your program and begin.

What to expect: Spend just 15 minutes in the Hinge Health app, 3 times a week. Log into the app, complete a short exercise therapy session. The wearable sensors track your movement and guide you through the exercises. (Results will vary by individual.)

After the program: You keep the app, tablet and sensors, plus have full access to your educational resources and exercises. The 1:1 coaching ends unless you sign-up for the month-to-month maintenance program.



FOR MORE INFORMATION

Call a health advocate: 866-882-2034

Chat with a health advocate via BCBSTX app or online at Blue Access for Members: www.bcbstx.com/ut

Program: hingehealth.com/UTS

Why it matters?

It is the first digital health company to demonstrate that a mobile-first, at-home exercise therapy and behavioral coaching solution reduces chronic low back pain by 62%, reduces disability by 55%, improves daily life impact by 64%, and significantly reduces surgery interest.¹

*Payments for participation in the program are submitted through claims and are paid by the member's employer.

¹According to the clinical trial intervention, published January 2019 in Nature Journal Digital Medicine, participants that completed the digital care program had an average engagement each week of 90% and averaged 45.6 exercise therapy sessions.