

\$0
cost to you



Personalized pain care that gets you moving

You're eligible to join Hinge Health through Regence BlueCross BlueShield of Utah. Relieve joint and muscle pain with personalized exercise therapy **at no cost to you**. On average, participants reduce their pain by 68%.¹

- Virtual sessions anytime, anywhere
- Unlimited 1-on-1 health coaching
- Motion-tracking technology for instant form correction

Your family may be eligible, too!

Hinge Health will be available starting January 1, 2025!

Participants must be 18+ and enrolled in a medical plan administered by Regence BlueCross BlueShield of Utah. Regence BlueCross BlueShield of Utah is an Independent Licensee of the Blue Cross and Blue Shield Association. Hinge Health® is a separate and independent company that provides digital MSK services.

¹After 12 weeks, in a study of chronic knee and back program participants. Bailey JF, et al. Digital Care for Chronic Musculoskeletal Pain: 10,000 Participant Longitudinal Cohort Study. J Med Internet Res 2020;22(5):e18250.

