Hinge Health

What is Hinge Health?

We provide members with personalized, expert-developed exercise therapy plans for lasting pain relief.

Is Hinge Health for me?

Whether a new injury or ongoing aches, Hinge Health is for anyone living with joint or muscle pain.

What does my program include?

- Unlimited access to your personalized exercises and stretches developed by physical therapists
- Convenient exercise sessions you can do anytime, anywhere with the Hinge Health app
- Dedicated 1-on-1 support from a physical therapist and qualified health coach

Who is in my care team?

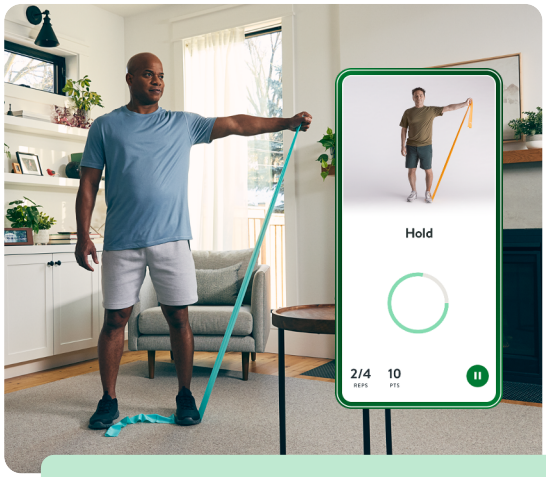
Your care team includes a physical therapist and qualified health coach. You can connect with them via text, email, phone call, or video chat to ask questions, set goals, and more.

How much does the program cost?

Hinge Health is available to eligible employees at no additional cost.

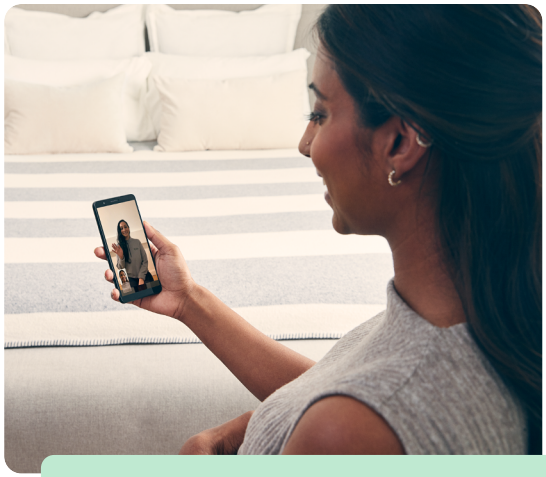
Who is eligible?

Members 18+ enrolled in a medical plan through their employer are eligible.



Exercise therapy made easy

Your sessions are designed to be done in about 15 minutes or less.



Support from your care team

Get help to overcome pain, recover from an injury, prepare for surgery, and more.

To learn more and apply, scan the QR code or visit

hinge.health/for-individuals

Questions? Call (855) 902-2777