

A Better Way to Manage Back and Joint Pain



As part of your benefits, we've teamed up with a company called Hinge Health to help relieve back and joint pain without surgery or potentially addictive medications.

Hinge's Digital Musculoskeletal (MSK) Clinic™ is a program offered at no cost to you and includes app-based physical therapy, guidance from doctors, physical therapists and health coaches and a wearable pain relief device. Depending on what's right for you, you may also get 1-on-1 video consultations and a personalized exercise therapy plan. You can even get expert opinions from specialists to find out whether surgery might be right for you.

Care options include:

- › Preventive care
- › Chronic pain care
- › Special pregnancy, postpartum and menopause programs
- › Acute pain care
- › Pre- and post-op care



Getting Started

The first step toward relief is taking an online assessment so Hinge can match you to the therapy that's best for you. Log in at **bcbst.com/Hinge**.

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