

## Hinge Health Provides Support for Joint Pain

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We all deal with joint pain from time to time, whether it is from overuse, injury or a chronic condition. Back and joint pain and discomfort can limit our activities and even affect our mental health over time. I'm Jeff Kantorowski with SCHOOLCARE and I'm going to share information about a new benefit you have with your SCHOOLCARE Cigna health plan.

SCHOOLCARE has partnered with Hinge Health to provide an additional level of treatment and physical therapy for injuries and joint pain. With Hinge Health, you have virtual access to doctors, physical therapists, and health coaches to help you recover from an injury, or better manage a chronic condition. The best part? It is free- no cost to you!

Here's a short video with more about Hinge Health.

(Narrator): We're [Hinge Health](#) and we know that the needs of a back or joint injury are very different than that of chronic conditions, so we were inspired to go beyond just digital PT to create the world's first complete digital clinic for back and joint pain. Our program combines physicians, physical therapists, health coaches and motion sensor technology that surrounds members to deliver the right care at the right time.

Our prevention program designed by physicians and PTs is always available to provide customizable exercise and education to assist in maintaining an active lifestyle and to help avoid injury. Our acute program is here for when life throws you the unexpected, like a twisted ankle. We cover all muscles and joint groups. After filling out a short questionnaire, you're matched with your own dedicated physical therapist for video visits and receive guided exercise therapy and education from the comfort of your own home.

For those of us with longer term pain, like arthritis, we help solve for movement and lifestyle issues. We combine a full clinical care team, sensor-based exercise therapy, and unique behavioral support. Together your PT plus your health coach make a plan with you so you can tackle that chronic condition. If facing the decision whether or not to undergo surgery, the clinic can connect you with one of our orthopedic surgeons for an expert medical opinion, and if surgery is still the best option, our surgery program offers pre- and post-rehab along with surgeon care coordination as you heal.

The Hinge Health solution goes beyond digital PT to deliver the number one complete digital clinic for back and joint pain. Our clinical care team provides the digital programs and behavior support needed across the continuum of MSK care and our proven medical claims analyses are validated by researchers from Stanford. It's no surprise that four out of five employers with a digital MSK solution partner with Hinge Health. It's the investment that pays off.

(Jeff): So, whether it's for a second opinion prior to surgery, or helping you recover from an injury, Hinge Health is an extension of your SCHOOLCARE Cigna health benefits, and there's no out-of-pocket cost to you! To get started with Hinge Health, you need to first go to the Hinge Health website and register. Look for a postcard or email from SCHOOLCARE with information and details. Or visit the SCHOOLCARE website at [www.schoolcare.org](http://www.schoolcare.org) and under the **Resources** tab, look for **Participant Benefits**.

Getting back to doing the activities you enjoy most, is what it's all about and Hinge Health can be part of that process. And don't forget, you can record your physical activities in the SCHOOLCARE **Good For You!** Well-Being Program to earn incentive rewards along the way. I hope you check out Hinge Health and we'll see you again on a SCHOOLCARE Snippet!