

What is Hinge Health?

How does the program work?

Hinge Health is an exercise therapy program designed to address chronic **back, knee, hip, neck, or shoulder pain**. It's convenient and fits your schedule — it can be done anywhere, at any time.

What does the program include?

1. **Personalized exercise therapy** to improve strength and mobility in short, 15-minute sessions.
2. **1-on-1 health coaching** to provide motivation and support via text, email, or phone.
3. **Interactive education** to teach you how to manage your specific condition, treatment options, and more.

What is a health coach?

A health coach is an accountability partner. They will work with you throughout the program to help you create and stick with your goals.

How much does the program cost?

It's free for eligible participants. This includes the Hinge Health kit, which is yours to keep.

Who is eligible?

Employees, dependents 18+, pre-65 retirees, and COBRA members enrolled in a CVS medical/Rx plan through the Hitachi Benefit Pool are eligible.

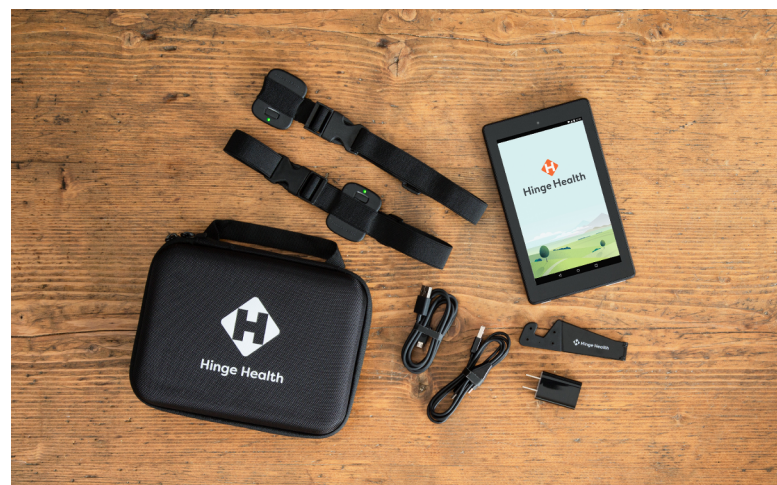
How do I apply?

Follow the link below to complete a short online questionnaire that describes your pain. No referral or diagnosis is needed from a doctor.



What results do participants see?

- 60% average pain reduction
- 2 out of 3 surgeries avoided



What's inside the Hinge Health kit?

You'll receive a free tablet and wearable motion sensors that give you live feedback during exercises.