



What Hinge Health can do for you

May 17, 2022



today's agenda

- 01 Find your fifteen
- 02 Who we help
- 03 How we treat
- 04 What to expect
- 05 FAQs
- 06 Q&A

01

find your fifteen

How to squeeze in movement



Set a movement alarm

Even if it's just to grab a snack, assigning time for movement helps you stay accountable.



Stand and chat

Avoid back pain from constant sitting by taking your phone calls while standing.



Walk for water

Fill your cup hourly for extra steps and hydration. This provides you with oxygen, and cushions your joints.



Breath in, breath out

Meditation is movement. Breathe in for 4 seconds, then breathe out. Repeat this for a quick refresh.

02

who we help

WHO WE HELP

Meet Lenell, a 45 year-old county clerk



Lenell wanted a better alternative to her current treatment

Lenell had persistent knee pain for the last 4-5 years. It was so bad she couldn't put socks on.

WHO WE HELP

Meet Luis, a 38 year-old sales executive



**Luis had persistent neck pain,
followed by an ankle injury**

Luis experienced neck pain which he attributed to his new work-from-home schedule. He also has a recent ankle injury from running.

WHO WE HELP

Meet Jim, a 49-year-old manufacturing engineer



**Jim wanted to know if
he could avoid surgery**

Jim had chronic back pain for most of his adult life and had been considering surgery. There wasn't a day that passed that he wasn't reminded of his pain.

WHO WE HELP

Meet Alex, a 36-year-old warehouse worker



Alex wanted to manage pain while planning for surgery

Alex had chronic knee pain and had been considering surgery, but was reluctant to schedule it during COVID.

WHO WE HELP

Help when you need it

No two journeys are the same



Care for a recent
or past injury



Prepping for an
upcoming surgery

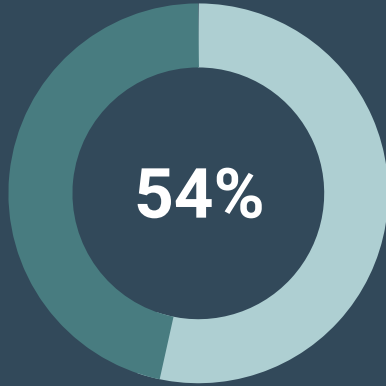


Recovering
from surgery

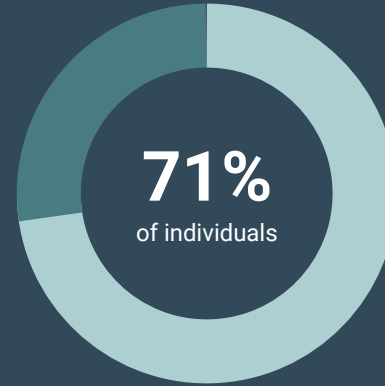


Desire for building
healthy habits

You are not alone



of American adults experience persistent joint pain per year¹



with back & joint pain are experiencing new or increased pain due to remote work's sedentary lifestyle²

Questions to ask yourself

- 1 How is my back & joint pain affecting my mood and quality of sleep?
- 2 Can I miss half a work day to visit a physical therapist or another care provider?
- 3 How much will my treatment cost? (doctor visits, imaging, medications, etc.)

03

how we treat

Physical therapist & Coach-led, digital one-stop
solution for all major muscle and joint issues

HOW WE TREAT

Care for everybody and every body part

We have you covered



The Program

- Designed with evidence-based guidelines
- Informed by recent literature and research
- Care for nearly all body parts, from neck to foot

HOW WE TREAT

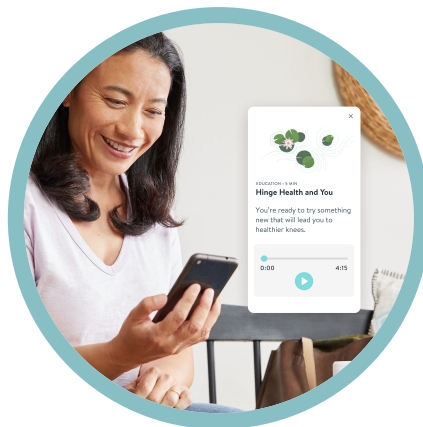
Care that is proven to work

A treatment plan customized for you and your needs



Exercise therapy

Real-time feedback & tracking with our sensor technology



Education

A personalized curriculum of easy, science-based reads



Dedicated care team

1:1 health coaching, physical therapy, second medical opinions



1

2/10
REPS

10
PTS

HOW WE TREAT

Clinical & Coaching teams

Depending on your needs, your personalized program could include coaching and therapy

Behavioral Health Coach support

Role: Accountability & adherence

- **250+** accredited health coaches
- Spanish-speaking coaches available

Sample of our health coaches' diverse background



Lolita Lopez, NBC-HWC
MPH



Sarina Lamarche, NBC-HWC
MA in Psychology



Michael Litzenberg, ACSM
B.S. Kinesiology



Dr. Jeff Krauss, MD
Chief Medical Officer



Dr. Jonathan Ide-Don, DPT
Director of Staff PTs



Jonathan Lee, MD, MBA
Senior Expert Physician,
Orthopedic Surgery



Raymond Hwang, MD, MBA
Medical Director

Physical Therapists & Clinical experts

Role: Ensure clinical standard & Health Coach support

- **Team of full-time PTs and clinical experts** led by Chief Medical Officer and Clinical Specialist PT

HOW WE TREAT

Transforming lives

Clinical studies have shown an impact

↓ **69%** pain reduction

↓ **58%** depression & anxiety reduction

★★★ **2 of 3 surgeries** avoided

Outcomes validated by researchers at **Stanford, University of California SF, Vanderbilt** and top consultants.



Source: ¹ Smittenaar (2017). [JRAI](#) 6 Month Outcomes, ² Mecklenburg (2018). [JMIR](#) Randomized Control Trial
³ Bailey (2019) [Nature](#). Randomized Controlled Trial, ⁴ Bailey (2020). [JMIR](#). 10,000 Participant Longitudinal Cohort Study

04

what to expect

WHAT TO EXPECT

Application Process

1. Apply

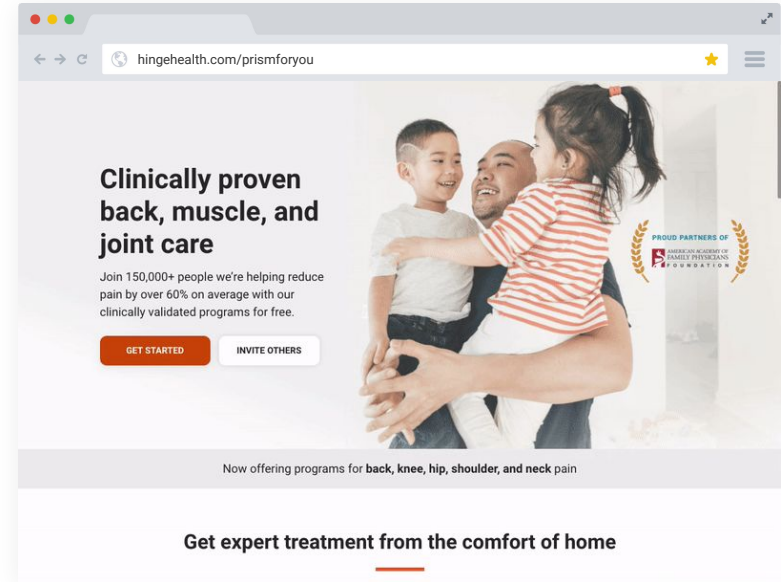
- Visit hingehealth.com/prismforyou
- Fill out questionnaire
- Expect a follow-up email within 24-48 hours

2. Program Acceptance

- Receive welcome message from your care team
- If you need items with your treatment plan, you will receive them within 2-3 business days

3. Begin Program

- Login to the app and begin the Hinge Health program
- Set up an initial call with a member of your care team



05

FAQs

FAQs

Question	Answer
How do I enroll?	You can sign up at www.hingehealth.com/prismforyou .
How much does the program cost?	Provided at no cost for all members, pre-65 retirees, and dependents 18+ enrolled in an Anthem or Blue Shield of California medical plan through PRISM (includes EPO, PPO, and HDHPs).
Can I join the program if I don't have any pain?	Yes, we have a Wellness program for participants who aren't currently suffering from any pain. The program includes a customized exercise plan.
What is a health coach and how can they help me?	In some of our programs, you will receive 1:1 health coaching. A health coach is an accountability partner. They will work 1:1 with you throughout the program to help you create and stick with your goals. You will have a monthly call with them and they will check-in with you each week.
Can I do more than one program at the same time?	Participants are unable to do multiple programs simultaneously. We recommend selecting the part of the body you would like to work on first. Once you complete the first 12-weeks, we will be happy to have you on another program.
What if my doctor has told me that I can't do specific movements?	The program is designed to meet you where you are, we provide modifications and education on how to pace yourself during your activities so you can succeed.

Feel free to reach out to us at hello@hingehealth.com or to call **(855) 902-2777** if you have additional questions.

06

Q&A

Apply today by visiting
hingehealth.com/prismforyou

Questions? Email hello@hingehealth.com or call (855) 902-2777.

Eligibility: Members, pre-65 retirees, and dependents 18+ enrolled in an Anthem or Blue Shield of California medical plan through PRISM (includes EPO, PPO, and HDHPs).

