

What is Hinge Health?

About

Hinge Health is an exercise therapy program designed to address chronic **back, knee or hip** pain. It can be done at home — no need to schedule physical therapy appointments.

How much does the program cost?

It's **free** for eligible participants. This includes the Hinge Health Kit, which you can keep forever.

Who is eligible?

Employees and dependents 18+ enrolled in a Cigna or BCBSTX medical plan through Waste Management are eligible.

What can I expect from the program?

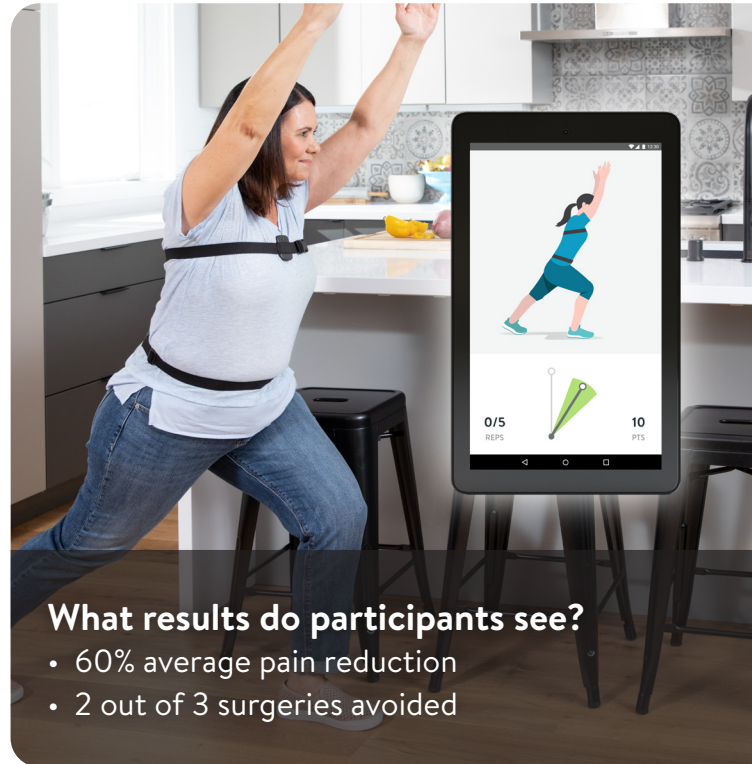
- 1 **Personalized exercise therapy** to improve strength and mobility in short, 15-minute sessions.
- 2 **Your health coach** will work with you 1-on-1 to provide motivation and support via text, email, or call.
- 3 **Interactive education** to teach you how to manage your specific condition, treatment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

What is a Health Coach?

A health coach is an accountability partner. They will work 1-on-1 with you throughout the program to help you create and stick with your goals.

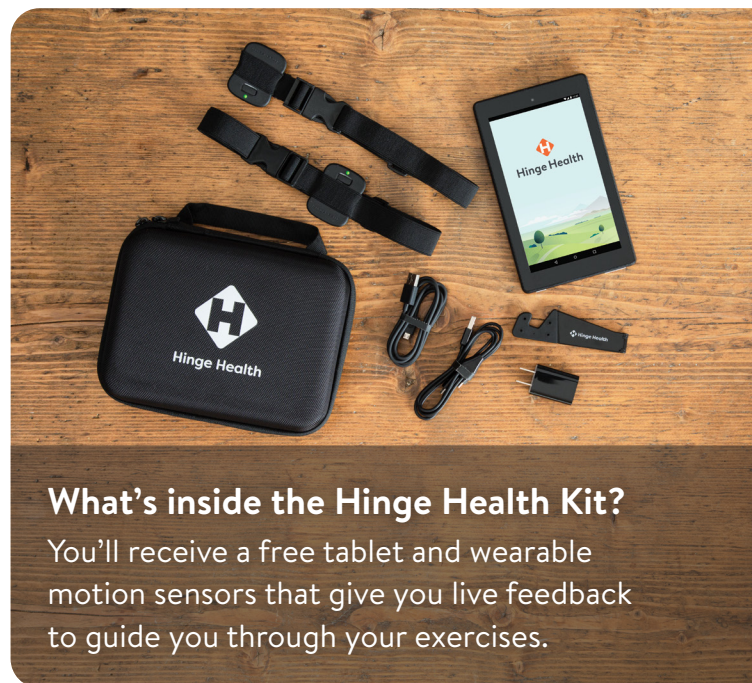
How do I apply?

Take a short online questionnaire following the link below, telling us about your pain. No referral or diagnosis 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 to guide you through your exercises.