



Easing chronic pain remotely with digital health

Professional services case study

Industry:
Professional Services

Covered Lives:
70,000

Musculoskeletal (MSK) Challenges:

- MSK spend was 2x the national average
- Dispersed, hardworking workforce struggling to find time for self-care

Going digital for a remote workforce

For a highly dispersed and diverse workforce, Hinge Health's digital solution delivered all 3 pillars of best-practice back and joint pain care to keep them healthy and productive in their longtenured jobs:

- Exercise therapy guided by wearable sensors
- Behavioral health with 1-on-1 coaching
- A complete educational curriculum

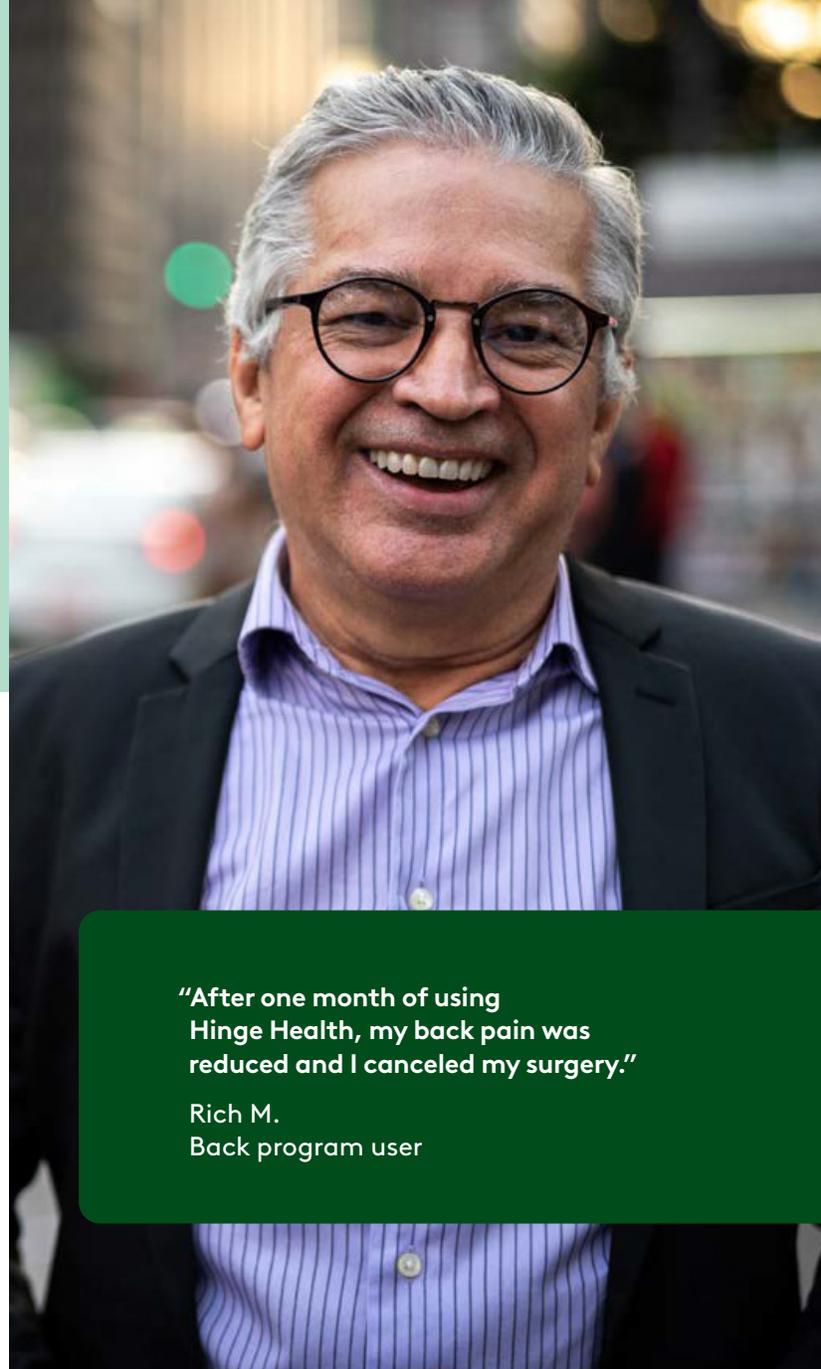
Living with chronic pain

Rich is a 20-year veteran consultant at a Big Four accounting firm, who spends long hours sitting at his desk on his computer. The past 2 years, his back pain has become unbearable. He tried epidurals, surgery, physical therapy, and opioids and was waking up every 3 hours to take a pill that barely helped. He had fractures on his spine's base. After being bed-ridden for a month, Rich reluctantly completed pre-admission testing for spinal fusion surgery.



We were looking for a program that could be done anytime, anywhere.

Director of Benefits
Big Four Accounting Firm



Finding hope

Rich learned about Hinge Health from a coworker. He opened his Hinge Health kit on the kitchen table and did his first session at home. After his first week on Hinge Health — Rich called his surgeon to delay the surgery so he could give this program a shot. A month later, Rich's pain resolved so much that he canceled the surgery. Now, well over a year later, Rich remains active on Hinge Health because he can do it anytime and now he's even back to playing golf and basketball.

"After one month of using Hinge Health, my back pain was reduced and I canceled my surgery."

Rich M.
Back program user

Life-changing outcomes

90%

Weekly engagement for participants that completed the program

4x

Better pain reduction compared to opioids

55%

Reduction in lost work days

2 of 3

Surgeries avoided

See a demo of the Hinge Health program hingehealth.com/overview-services