



# Convenient care for workers in the field

Southern Company —  
Energy industry case study



**Industry**  
Energy

**Covered Lives:**  
49,797

**Musculoskeletal (MSK)  
Challenges:**

- Diverse workforce, including front-line field-based workers with physically demanding duties
- Difficult to engage, dispersed workforce across 18 states
- 15% of medical spend was MSK

## When pain brings anxiety

Daniel, a Field Specialist for Southern Company, began to feel tightness in his back 3 years ago. It worsened to the point where he had to slide out of bed because he couldn't sit up. Daniel was going to be a first-time father of twins and he felt anxiety that his pain would leave him disabled and unable to provide for his family. He also worried that he wouldn't be able to pick up his children or give them the attention they deserved.

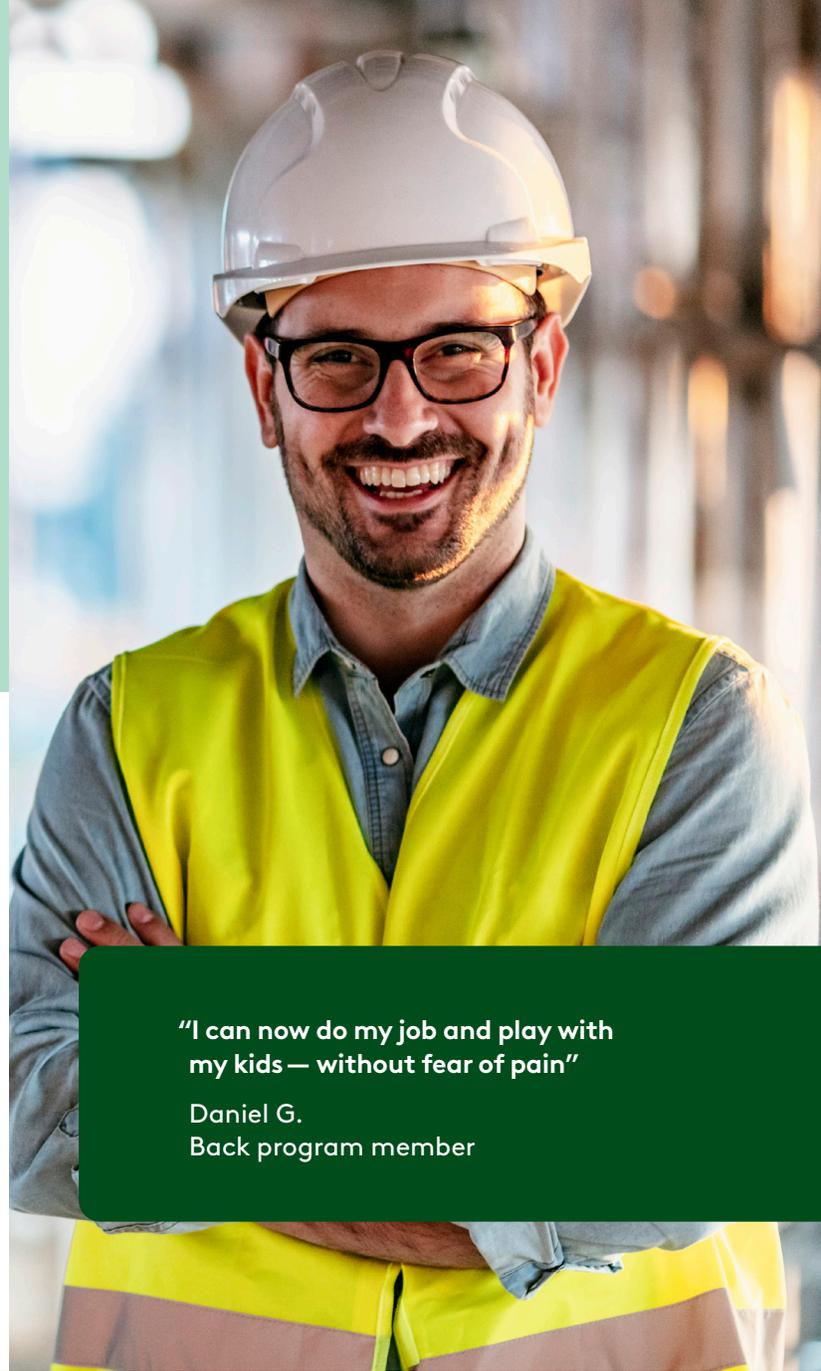
## Living without pain

Daniel heard about Hinge Health from his employer and was interested in a digital solution that could fit into his unpredictable schedule. After 8 months, Daniel's pain is almost completely gone, he doesn't need a chiropractor anymore, and he's free to move without thinking twice about moves that used to cause him pain. In the field, Daniel's job involves a lot of bending and crawling. Now he has peace of mind knowing he can do his job for years to come.



**I wish all vendors could make implementation as easy as Hinge Health.**

Katie Kirkland  
Director of Benefits



**“I can now do my job and play with my kids — without fear of pain”**

Daniel G.  
Back program member

## Convenient MSK care

The work that Southern Company’s line workers were performing could be hard on their bodies, so MSK conditions were prevalent. With field-based workers living in rural locations, Hinge Health’s digital program improved access to the 3 pillars of best-practice back and joint pain care:

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

## Life-changing outcomes

**4x**

Better pain reduction than opioids

**58%**

Reduction in depression

**45%**

Reduction in lost work days

**2 in 3**

Surgeries avoided

See a demo of the Hinge Health program [www.hingehealth.com/overview-energy](http://www.hingehealth.com/overview-energy)