

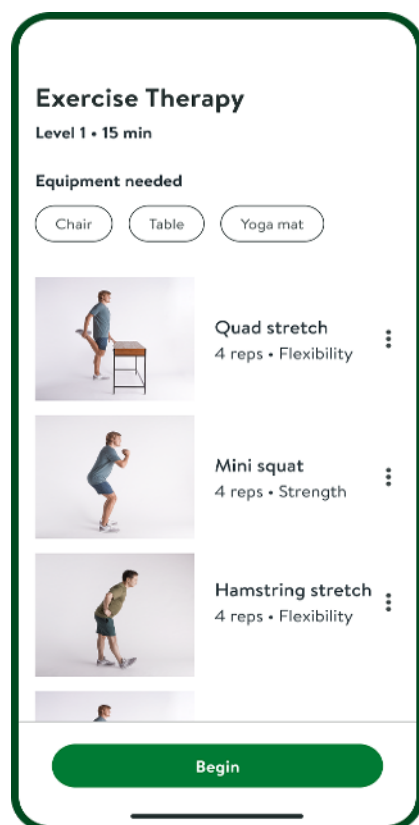


Reduce fall risk by improving strength and balance

Clinically comprehensive care made for older adults



Falls are the #1 source of injury in older adults¹, resulting in 3 million emergency room visits every year². One fall alone can cost between \$351 and \$13,616³ — and take a huge toll on a person's quality of life. Falling can lead to less activity, less mobility, less independence, and ultimately more costly future medical care.



Results at 12 weeks⁴

37%

fewer falls compared to the control group

57%

lower odds of an ER visit compared to control group

In a peer-reviewed non-randomized clinical trial of 687 older adults aged 65+ at risk for falls, Hinge Health participants had significantly fewer falls and ER visits than a comparison group that received fall risk education.

Hinge Health's exercise therapy addresses the diverse needs of seniors, reducing fall risk

- Balance Assessment for all members over 65 years of age to understand and tailor a treatment plan for fall prevention
- Multidisciplinary care team of physical therapists with geriatric and pelvic health specializations and board-certified health coaches
- Exercise therapy tailored to the member's ability, ranging from fully-seated, supported standing, and unsupported standing
- Personalized balance education with tips on maintaining activity and reducing fall risk



Fall prevention that supports Health Outcomes Survey (HOS) performance

- ✓ **Simple to start:** Reducing falls starts with marketing aligned to HOS measures, and a simple onboarding experience. Older adults get moving on day one.
- ✓ **Easy to use:** Members have access to support services such as easy to access member support, multilingual options, and closed captions.
- ✓ **Tailored to support HOS results:** Physical therapist video visits, education, and health coaching creates a positive and memorable experience that aligns to HOS language.



Claims-based outcomes demonstrate Hinge Health's impact for the 65+ population⁵

84%

fewer surgeries

85%

fewer outpatient procedures

76%

lower spending on hospital services

Key takeaways:

1

You can reduce costs and improve quality of life for older adults: provide easy access to high-quality care your 65+ population can stick with.

2

Look for alignment to the Health Outcomes Survey: Hinge Health's marketing and member experience aligns to the HOS survey questions, increasing the likelihood that a member will respond positively if surveyed.

3

Choose a partner with independently verified results: Hinge Health's fall prevention care results are peer-reviewed and associated with fewer falls, claims-based outcomes show lower costs and utilization among a 65+ population.

Sources:

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3. Dykes, P. C., et al. (2023). Cost of inpatient falls and cost-benefit analysis of implementation of an evidence-based fall prevention program. JAMA Network Open, 6(1), e2251253. <https://pmc.ncbi.nlm.nih.gov/articles/PMC9860521/>
4. Phillips F, Yadav S, Sweet CC, et al. Clinical effectiveness of a digitally delivered balance program for older adults: a nonrandomized controlled trial. J Comp Eff Res. Published online July 21, 2026. doi:10.57264/ceer-2026-0070.
5. 2024 Hinge Health Medicare Cost and Utilization Study improvement and fall prevention program for older adults: a non-randomized controlled trial. Under review. Results presented at the American College of Preventive Medicine annual meeting, May 6, 2025 in Seattle, WA.
5. 2024 Hinge Health Medicare Cost and Utilization Study