



Solving chronic pain for an on-the-move workforce

US Foods case study



Industry:
Food Distribution/Transportation

Covered Lives:
40,000

Musculoskeletal (MSK) Challenges:

- Employs over 7,000 drivers who off-lift over 40,000 lbs of food off their truck on a daily basis
- Predominantly male and highly dispersed workforce that was difficult to engage
- MSK was the #1 cost driver

Driving & chronic pain

Garry is 52 year old Beverage Chemical Manager at US Foods. He was on the road driving 4,000 miles a month, often struggling to get out of his car from the pain. His doctor recently told him he would eventually need a double knee replacement. The pain started 30 years ago when he had a serious motorcycle accident, tearing 3 of the 4 ligaments in his knee. After the accident, he developed chronic knee pain.

Reaching goals with 1-on-1 coaching

Garry refused to let his pain limit his lifestyle. He started the Hinge Health program offered through US Foods, and set a goal with his health coach: being able to jump across rocks while fishing without worrying about pain or injury. Within two weeks, he felt a difference in the way he walked and the pain he felt. Garry is now back to hiking long distances and rock climbing like he used to over 30 years ago.

Hinge Health exceeded our expectations with ease of implementation and member engagement.

Joe Toniolo
Sr. Director Health & Welfare Plans



“ I know I’m not going to have surgery because of what I learned at Hinge Health.”

Garry T.
Knee program member

Turnkey implementation

Hinge Health rolled out a surround sound enrollment campaign to US Foods employees. There was high demand and enrollment quickly spread by word of mouth. Hinge Health’s digital solution delivered all 3 pillars of best-practice back and joint pain care:

1. Exercise therapy guided by wearable sensors
2. Behavioral health with 1-on-1 coaching
3. Education

Life-changing outcomes

90%

Weekly engagement for participants that completed the program

4x

Pain reduction compared to opioids

48%

Reduction in depression

2 in 3

Surgeries avoided

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