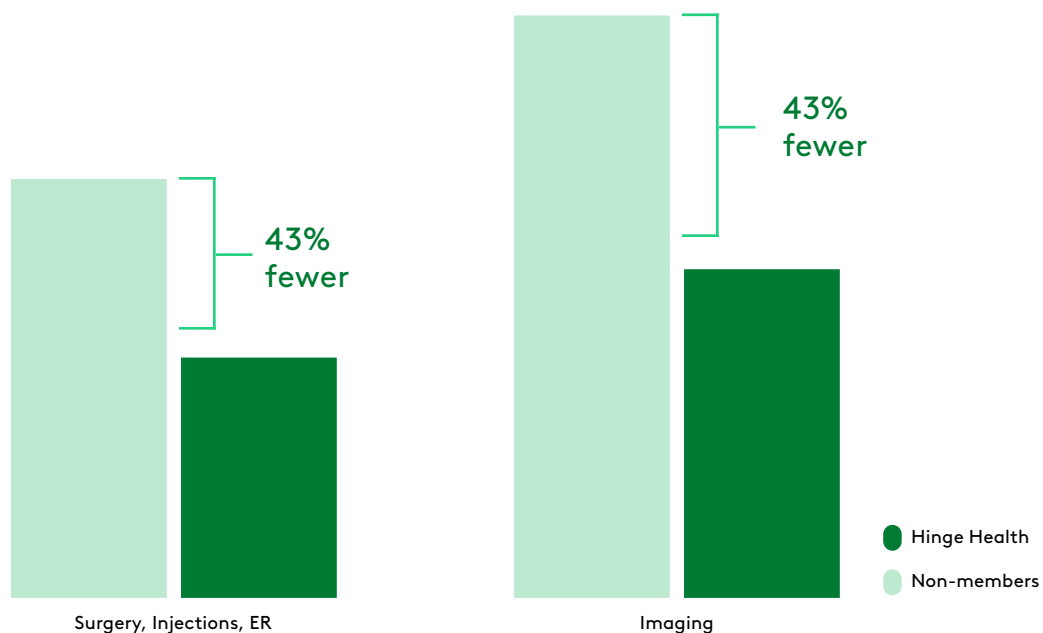


Hinge Health demonstrates long-term improvements to pain relief, mental health, and health care use

In a large-scale study of 2,570 participants conducted with researchers at UCSF and the University of Rhode Island, Hinge Health members reduced pain by more than half over 12 months after starting the program, and were less likely to receive additional care services like imaging and surgeries.¹

- ✓ This study is the largest 1-year study in the industry with nearly triple the sample size of similar solutions
- ✓ It demonstrates both improved clinical outcomes and reduced healthcare use over the long-term.
- ✓ Over the course of the year, the researchers also found that among those with moderate or severe depression or anxiety at baseline:
 - Hinge Health participants were 65% less likely to report moderate or severe depression than non-participants
 - And 66% less likely to report moderate or severe anxiety.

Hinge Health members had nearly half the amount of invasive procedures and imaging at 1 year



50.8%

sustained reduction
in pain

43%

fewer invasive
procedures

43%

fewer imaging
procedures



We reduce pain, avoid surgeries, and save organizations thousands in healthcare costs

This 1-year outcomes study builds on Hinge Health's multiple published studies. We have consistently demonstrated reductions in MSK pain and costs through clinically-validated studies, including the most claims-based outcomes in the industry.

Our clinical studies are designed to validate that our approach reduces pain and avoids surgery so that our members lead healthier lives and our clients save money.

68%

pain reduction at
12 weeks in a study of
10K participants²

42%

reduction
in new opioid
prescriptions³

73%

fewer knee
replacement
surgeries⁴

1 in 2

MSK surgeries
avoided⁵

Key takeaways:

1

Insist on large-scale studies: No other solution can show long-term outcomes at scale.

2

Look for proven reduction in invasive procedures: Studies should demonstrate reductions in the number of high cost procedures that are driving up your MSK spend.

3

Rely on predictable outcomes: Expect that Hinge Health's program results in sustained pain reduction and lower use of invasive procedures and imaging.

Study Overview

- Observational, longitudinal study with comparison group of 2,570 participants
 - The intervention group engaged in a digital MSK program — exercise, education, and coaching for at least 12 weeks
 - The comparison group registered, but never started the program
- Examined pain, function, depression, and anxiety at 3, 6, and 12 months, and health care use at 12 months

Read the full study to learn how Hinge Health can reduce pain and avoid surgeries

Sources:

¹Wang G et al. (2022) Clinical outcomes one year after a digital musculoskeletal (MSK) program: an observational, longitudinal study with nonparticipant comparison group. BMC.

²In a 12 week study of chronic knee and back program participants. Bailey JF, et al. Digital Care for Chronic Musculoskeletal Pain: 10,000 Participant Longitudinal Cohort Study. J Med Internet Res 2020.

³In a study comparing Hinge Health members with traditional PT patients. Wang G, et al. Opioid initiation one year after starting a digital musculoskeletal (MSK) program: an observational, longitudinal study with comparison group. J Pain Res. 2023 Jul 27;16:2609-2618.

⁴In a 2023 study compared to patients who received traditional care, after 12 months, in a study of patients with knee or hip osteoarthritis

⁵136 Employer Medical Claims ROI Study, 2022. In a study comparing 4,207 Hinge Health members with 4,207 matched comparison group members in the year after starting the Hinge Health chronic MSK program, The study defined surgery as any MSK-related surgical procedure that would have been rendered to a study participant in a 12 month period.