

## Don't let joint or muscle pain hold you back. Hinge Health can help.

Musculoskeletal (MSK) pain—whether it's your back, knees, hip, or something else—can make everyday activities challenging and put a real damper on your quality of life. The Hinge Health® program can help. It's available as part of your 2025 Anchor medical plan. You don't need a referral to use it, and there is no cost to the member.

Hinge Health is a virtual MSK care solution that offers personalized programs to help you overcome your pain and, in some cases, help reduce or avoid the need for surgery and certain pain medications. It is not intended to replace in-person physical therapy. Instead, Hinge Health is an optional program that can supplement your existing physical therapy treatment if you have one, or provide you with physical therapy support if you are not already getting it.



### Get help for where it hurts

Hinge Health can help with almost any kind of muscle or joint pain:

- Neck and upper back
- Lower back and hips
- Shins and calves
- Shoulders
- Pelvic region
- Ankles and feet
- Elbows, forearms, wrists, and hands
- Thighs and knees

### Works through an app. Designed around you.

Everything is managed through an easy-to-use app. Hinge Health includes :

- **Personalized program** – Your specific program will be developed by a physical therapist who will meet with you virtually to review your condition. It includes exercises and stretches tailored to your needs, goals, and ability.
- **Care team** – You meet virtually each month with your physical therapist. They demonstrate the exercises, review your form, and suggest modifications if needed. Health coaches are available through text, email, phone call, or video chat to assist with health goals.
- **Anytime, anywhere convenience** – Complete your exercises whenever and wherever you like. And most sessions are designed to take about 15 minutes (3x per week is recommended), so they can easily fit into your busy life.

## Getting started: 3 simple steps toward better movement

1. To open your account, complete a brief online questionnaire. You'll be asked about your experience with pain. After your account is approved, download the Hinge Health app and log in to your account.
2. A physical therapist will contact you by email. You'll set up an online meeting and be asked to complete a few exercises. These exercises will help Hinge Health learn about your specific pain and design an appropriate program for your needs.
3. Start your program. Your physical therapist will monitor your exercise form and your progress. As your pain improves, your care plan will be updated with new exercises and tools to help you move with more confidence.



### Have questions? We're here to help!

Call the **State of Rhode Island Employee CARE Center (401) 429-2104** or **1-866-987-3705**  
Monday – Friday, 8:00 a.m. to 8:00 p.m. Saturday, 8:00 a.m. to noon



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\*Hinge Health is an independent company that has contracted directly with BCBSRI to provide musculoskeletal services for eligible BCBSRI members. Hinge Health is not available to the following groups: RIBCO (correctional officers; nurse; civilians); RITA and non-union State Police; and non-classified union and non-union education and college employees.

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