

COMPREHENSIVE MUSCLE AND JOINT PAIN MANAGEMENT

We've joined with independent partner Hinge Health to provide a digital solution to meet our members' musculoskeletal (MSK) needs.

The growing challenge of muscle and joint pain

- 1 in 2 adults experiences musculoskeletal pain¹
- \$980 billion cost for treatment and lost wages in the U.S.²
- 10.3 average days of missed work for those with musculoskeletal pain³
- 14.4 average days of missed work for those with musculoskeletal pain and mental health needs³

Facing this challenge head on

Hinge's Digital Musculoskeletal Clinic⁴

- Meets a variety of MSK needs, from prevention to post-surgery
- Helps members manage pain proactively through a coach-led experience
- Uses proven, non-surgical care guidelines
- Includes MSK surgery consultation, exercise therapy,⁵ and mental health support

HOW IT WORKS

Pairing technology with digital convenience, the Clinic allows members to access their personalized plan, exercise therapy, care team, consultations, and educational resources, all in one app.

Prevention:

At-risk

Job-specific exercises and education

Acute:

Recent Injury

Exercise therapy and clinical oversight

Chronic:⁶

High-risk

Exercise therapy, education, and guiding behavior change

Surgery:

Pre- and post-rehab

Support throughout and continuity of care

1. "Burden of Musculoskeletal Diseases in the United States. 3rd Ed." Bone and Joint Initiative, 2015.

2. Annual All-Cause and Incremental Direct Cause for Arthritis and Joint Pain in Current and 2014 Dollars, United States 1996–2014, "Burden of Musculoskeletal Diseases in the United States. 4th Ed." Bone and Joint initiative, 2018.

3. Hinge Health, Analysis of National Health Interview Survey.

4. Available as a buy-up to ASC accounts of 1,000+.

5. Not physical therapy.

6. Chronic-pain program can be purchased separately if desired.



The value for employees:

- Help for managing pain proactively
- Support while recovering from injury or preparing for surgery
- One app and one device to access the Clinic
- MSK surgery consultation
- 24/7 support, multilingual access, and closed captions
- Access to physical therapists, health coaches, and MSK specialists
- Mental health support
- Personalized, guided exercise therapy, wherever employees are
- No out-of-pocket costs



The value for employers:

- Improved employee health and satisfaction
- Lower costs through prevention
- Easy implementation
- Care coordination

PROVEN RESULTS⁷

68%

reduction in pain⁷

67%

reduction in patients
electing surgery

58%

reduction in depression
and anxiety⁷

8.9/10

participant satisfaction⁸

70%

of members continued exercises
on their own for years²

QUESTIONS?

To learn more about Hinge Health, talk to your account executive.

7. Bailey et al. (2020) "12-week digital care for chronic back and knee MSK pain." Journal of Medical Internet Research. (N=10,264)

8. Hinge Health (2021) "2-year outcomes: Comparison study." (N=276)