



**BlueCross BlueShield
of Illinois**



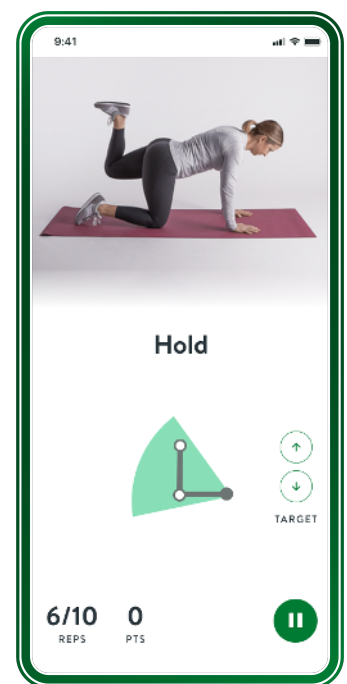
Conquer back and joint pain without drugs or surgery

Hinge Health provides all the tools you need to get moving again from the comfort of your home. You'll get exercise therapy tailored to your needs, technology for instant feedback in the app, personal coach and physical therapist. Best of all, **it's no cost** — 100% covered by Blue Cross and Blue Shield of Illinois (BCBSIL) for you and eligible family members.

Sign up today for help with any of the following:

- Conquer pain or limited movement
- Recover from a past injury
- Reduce stiffness in achy joints

Join for your **back, knee, hip, neck, or shoulder**. On average, participants cut their pain as much as 68%*!



How do I get started?

Hinge Health will reach out to eligible members with program details and next steps.

*Source: Hinge Health 2017-2019 Outcomes Analysis. 241832.1221

Eligibility: Participants must be clinically eligible, 18+ and enrolled in a Fully Insured medical plan through BCBSIL. Eligible members get a yoga mat on Hinge Health.

Hinge Health is an independent company that has contracted with Blue Cross and Blue Shield of Illinois to provide an online musculoskeletal program for members with coverage through BCBSIL. BCBSIL makes no endorsement, representations or warranties regarding third-party vendors and the products and services offered by them.

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