What is Hinge Health?

How does the program work?
Hinge Health is an exercise therapy program designed to address chronic back, knee, hip, neck, or shoulder pain. It’s convenient and fits your schedule — it can be done anywhere, at any time.

What does the program include?
1. Personalized exercise therapy to improve strength and mobility in short, 15-minute sessions.
2. 1-on-1 health coaching to provide motivation and support via text, email, or call.
3. Interactive education to teach you how to manage your specific condition, treatment options, and more.

What is a health coach?
A health coach is an accountability partner. They will work with you throughout the program to help you create and stick with your goals.

How much does the program cost?
It’s free for eligible participants. This includes the Hinge Health kit, which you can keep forever.

Who is eligible?
Employees and dependents 18+ enrolled in an Blue Cross Blue Shield medical plan through ICUBA are eligible.

How do I apply?
Take a short online questionnaire following the link below, telling us about your pain. No referral or diagnosis needed from a doctor.

What results do participants see?
- 60% average pain reduction
- 2 out of 3 surgeries avoided

What’s inside the Hinge Health kit?
You’ll receive a free tablet and wearable motion sensors that give you live feedback during exercises.

To learn more call (855) 902-2777, or apply at: HINGEHEALTH.COM/ICUBA