



BlueCross BlueShield
of Alabama

We cover what matters.

END-TO-END DIGITAL

MUSCULOSKELETAL CARE



Suffering from pain, but aren't ready to consider expensive and invasive surgeries? The Hinge Health Digital MSK Clinic offers a proven approach to reducing pain that goes beyond traditional physical therapy.

Hinge Health reduces pain and the likelihood of surgery with these three pillars of comprehensive MSK care:

- ▶ **Complete clinical team**
Focus on physical and behavioral needs to customize care for each member
- ▶ **Comprehensive technology**
Improves accessibility, engagement, motion tracking, and personalization of care
- ▶ **Connected care**
Bridges the gap between in-person and digital providers to prevent unnecessary utilization

Proven Outcomes With The Hinge Health Digital MSK Clinic*

61%
AVERAGE INCREASE IN
WORK PRODUCTIVITY

58%
DECREASE IN DEPRESSION
AND ANXIETY

67%
DECREASE IN SURGERY
LIKELIHOOD

68%
DECREASE IN PAIN

*Bailey (2020). JMIR 10,000 Participant Longitudinal Cohort Study.

Think the Hinge Health Digital MSK Clinic is right for you?

Complete the online clinical screener at hinge.health/for-individuals to confirm the program is clinically appropriate for you.* Once accepted, you can begin right away. You may also be eligible for a Hinge Health exercise kit at no cost to you.

Blue Cross and Blue Shield of Alabama is an independent licensee of the Blue Cross and Blue Shield Association. Hinge Health is an independent company, providing a digital solution aimed at helping patients with musculoskeletal pain.

*Participation is available to members 18 years and over who have Blue Cross and Blue Shield of Alabama as their primary insurance. Depending on the state in which the member resides, a doctor's referral may be required.