



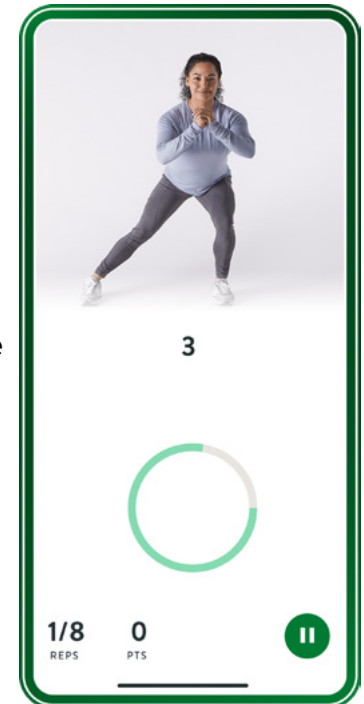
Blue Cross  
Blue Shield  
Blue Care Network  
of Michigan



## Personalized muscle and joint care that keeps you moving

With the **Virtual Muscle and Joint Health Program**, you and your family members ages 18 and older have a convenient option to prevent, treat and recover from muscle and joint pain.\* It's available with no out-of-pocket costs through the Hinge Health™ app, which is easy to use with a smartphone or tablet. The program includes dedicated support from a specialized care team, including a Hinge Health physical therapist. You'll also get:

- Live access to board-certified health coaches by messaging, phone or video chat
- Unlimited stretching and exercise sessions, condition-related education and other resources you can use anytime
- Motion-sensing technology to monitor and provide feedback on exercise form
- Care kit and wearable device to manage pain, as needed



Participants reduce their pain up to **68%**<sup>\*\*</sup>

## How it works

You'll log in to the app a few times a week (or more, if you'd like) to complete your personalized exercise sessions. You may also have up to 12 scheduled visits with your Hinge Health physical therapist. Hinge Health will send you all the materials you need to fully participate. You can browse resources in the app anytime to get information about your muscle and joint health. And you'll talk with your health coach for support to improve your mobility and stick to your goals.

### Get support for:

- Pain prevention and management
- Short-term and long-term pain
- Pelvic floor strength
- Surgery preparation and recovery



Wherever you have pain, we've got you covered. Start your virtual exercise therapy program today.

Visit [bcbsm.com/muscle-joint](https://bcbsm.com/muscle-joint).

Follow the instructions to complete your sign-up and help create a comprehensive care plan to meet your muscle and joint health needs. Call **1-855-902-2777** if you have any questions about the program.



\*Only in the United States.

\*\*After 12 weeks, in a study of chronic knee and back program participants. Bailey JF, et al. Digital Care for Chronic Musculoskeletal Pain: 10,000 Participant Longitudinal Cohort Study. J Med Internet Res 2020;22(5):e18250.

Hinge Health, Inc. is an independent company that provides virtual muscle and joint health services to Blue Cross Blue Shield of Michigan and Blue Care Network members.

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