



Most of us don't have just one ache. It's the lower back after a long week, the shoulder that flares at your desk, the knee that always feels creaky on stairs. Hinge Health was built for all of it.

Hinge Health offers access to app-based virtual physical therapy and more, including a personalized exercise program, a dedicated care team, and real-time guidance that shows you you're doing it right.

The best parts: You can use Hinge Health on your schedule, wherever you are, right from your phone.

Your program includes care for:

- ✓ **Muscle and joint pain**
Ease back, neck, shoulder, knee, and joint pain at home.
- ✓ **Pelvic Floor Therapy**
Treat pelvic floor leaks, pain, and postpartum recovery.
- ✓ **Enso®**
Soothe pain with the FDA-cleared Enso wearable.*
- ✓ **Injury recovery**
Bounce back from a new strain, sprain, or pulled muscle.
- ✓ **Menopause**
Relieve hot flashes, sleep issues, joint pain, and more.



68%
Avg. reduction
in pain¹



For more about your benefit, scan the QR code or visit:

hinge.health/nevadapebp-myprogram

Questions? Call (855) 902-2777



Get an insulated Stanley® on us!**

Start your program, and do a few introductory exercises to get an insulated Stanley® on us.

Please use the default camera on your device to scan the QR code, not a third-party application.
If you are directed to a site other than the URL listed above, do not proceed.

Hinge Health está disponible en español

Alivia los dolores articulares y musculares y previene las lesiones con tus beneficios de salud gratuitos.

Participants must be 18 years and older and enrolled in a PEBP plan.

Los participantes deben ser mayores de 18 años y estar inscritos en un plan PEBP.

*Eligibility to receive Hinge Health Enso is based on the program in which you are placed, fulfillment of clinical eligibility criteria, and completion of a qualifying number of exercise sessions.

**Eligibility to receive complimentary items is based on the program in which you are placed and subject to availability upon completion of a qualifying number of exercise therapy sessions. Users may receive an alternative item if the featured item is unavailable.

¹Bailey et al. (2020) 12-week digital care for chronic back and knee MSK pain. JMIR. (N=10,264)