

A closer look at your Hinge Health benefits



Muscle and joint pain

Access to virtual physical therapy for back, neck, shoulder, knee pain, and more. A licensed PT builds a personalized program you can do in about 15 minutes a day, with real-time form feedback right in the app.



Injury recovery

Get a personalized plan from a licensed physical therapist to recover from a new strain or sprain, and keep it from becoming a long-term problem.



Pelvic Floor Therapy

Virtual pelvic floor therapy for bladder control, pelvic pain, postpartum recovery, and more. Work one-on-one with a care team that specializes in pelvic health, from the privacy of your own home.



Menopause

Expert-backed care for hot flashes, sleep trouble, joint pain, and more. A personalized plan and dedicated team help you feel more like yourself again.



Enso®

Enso is a small, FDA-cleared wearable that uses patented waveforms to deliver drug-free pain relief in minutes. Quick, safe, and exclusive to Hinge Health.*



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

hinge.health/nevadapebp-programs

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.