



# Conquer back and joint pain without drugs or surgery

You and your eligible family members get access to Hinge Health's programs **at no cost to you** for **back, knee, hip, shoulder, or neck pain**, which include:

- Wearable sensors at no cost
- Unlimited 1-on-1 health coaching
- Personalized exercise therapy

**Over 300k** members have joined our programs so far, and cut their pain by nearly 70%!

**Eligibility:** Employees and dependents 18+ enrolled in a Blue Cross of Idaho medical plan are eligible.

Hinge Health® is an independent company that has contracted with Blue Cross of Idaho to provide digital musculoskeletal (MSK) services to eligible members. Hinge Health is solely responsible for the products or services offered by them.



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

