

# What is Hinge Health?

## How does the program work?

Hinge Health goes beyond traditional therapy to help you take control of **back, knee, hip, neck, shoulder, or other joint pain**. In addition, Hinge Health can help you **prevent or recover from injuries** or **prepare for surgery**. It's convenient and fits your schedule – it can be done anywhere, at any time.

## What does the program include?

1. **Personalized exercise therapy** to improve strength and mobility in short, 15-minute sessions
2. **Personal care team** to provide care, motivation, and support virtually
3. **Interactive education** to teach you how to manage your specific condition, treatment options, and more

## Who is in my care team?

Depending on your treatment plan, your care team could include a physical therapist and health coach. You will work with the same care team throughout your entire experience.

## How much does the program cost?

It's **free** for eligible participants. This includes access to your care team, the Hinge Health app, and any materials we send to assist in your care.

## Who is eligible?

Associates, spouses and children (18+) on a Nemours Children's Health medical plan through Aetna are eligible.

## How do I apply?

Take a short online questionnaire following the link below, telling us about your pain. No referral or diagnosis needed from a doctor.



## What results do participants see?

- 68% average pain reduction
- 2 out of 3 surgeries avoided



## Treatment from your care team

Get help overcoming pain, recovering from an injury, or staying pain free!

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

