

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?

- 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?

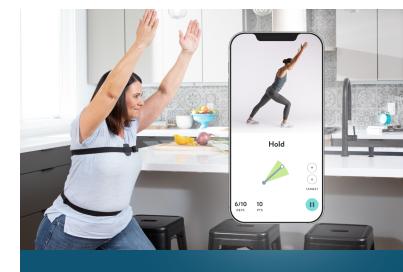
It's **free** for eligible participants. This includes access to your care team, the Hinge Health app, and any materials we send to assist in your care.

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!

