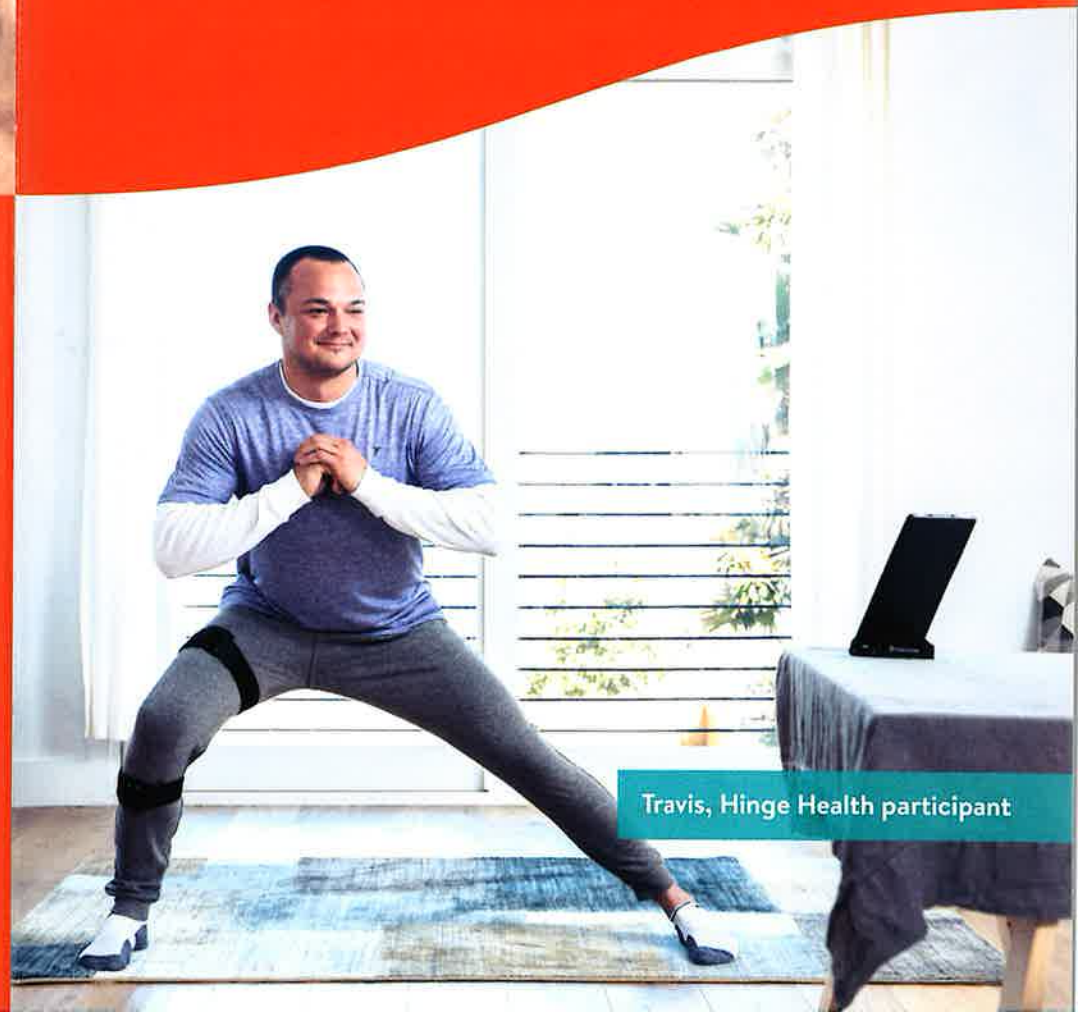




 Hinge Health

Conquer Back and Joint Pain
Without Surgery or Drugs



Travis, Hinge Health participant

 Hinge Health

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How does Hinge Health work?

4 out of 5 adults with back or joint pain aren't receiving appropriate care.¹

Hinge Health has turned evidence-based musculoskeletal care into a digital solution based on **3 core pillars**:



Exercise Therapy

Tablet computer and wearable sensors for real-time feedback



Behavioral Health

Unlimited 1-on-1 coaching



Education

Personalized and interactive education

How can this program help me?

Complete exercise therapy sessions anytime and anywhere, including in the comfort of your own home. The 15-minute sessions improve strength and flexibility around the back or joint, thus alleviating pain. People who participate see:



Reduction in Pain



2 out of 3
Surgeries Avoided



Here's what past participants have to say

"I felt like back pain is part of growing old and could not be reversed. Chiropractor and medication were my go-to for pain. **Now, stretching and exercises are part of my daily routine, reversing years of pain.**"

"**I truly feel as though I have my life back.** My activity levels are getting back to what they were 15 years ago. I'm also sleeping through the night with no pain!"



¹ Snijders, G.F., den Broeder, A.A., van Riel, P.L., Straten, V.H., de Man, F.H., van den Hoogen, F.H., van den Ende, C.H., & NOAC Study Group. (2011). Evidence-based tailored conservative treatment of knee and hip osteoarthritis: between knowing and doing. *Scand J Rheumatol* 40, 225-w31.

² Based on Net Promoter Score (NPS) Hinge Health collects at Week 4 and Week 8 throughout the program.