AsahiKASEI | Hinge Health®

# What is Hinge Health?

**We give you access to a virtual physical therapy program in the Hinge Health app for pain relief.**

## Is Hinge Health for me?

Hinge Health is for every body living with joint or muscle pain. Recover from injuries, improve your mobility, and so much more.

## What does my program include?

- A personal care plan to help you treat multiple pain areas with one program.
- Dedicated support from your care team to reduce pain and improve mobility.
- Convenient sessions that you can do anywhere, anytime with the Hinge Health app.

## Who is on my care team?

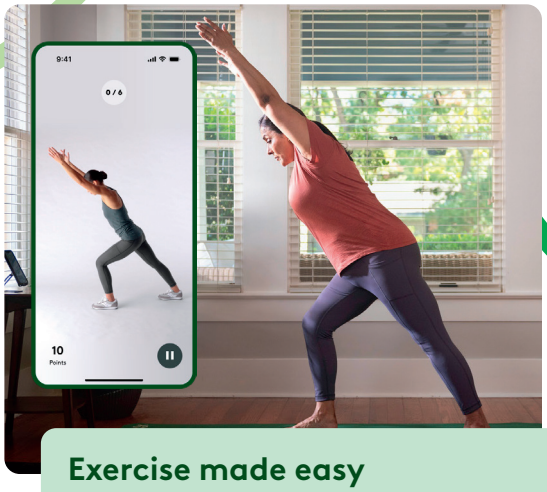
Your care team may include a physical therapist and health coach. Easily connect with them in the app if you need support, or have questions.

## How much does the program cost?

Hinge Health is covered by employers and health plans for eligible members with qualifying health conditions. Your employer or health plan covers 100% of the cost of your program.

## Who is eligible?

Eligibility: Members 18+ and enrolled in a Blue Cross NC medical plan. This program is a convenience; results not ensured. Blue Cross NC not liable for services. Make care decisions with a doctor. Blue Cross NC reserves the right to stop/change the program. Hinge Health is an independent company providing services on behalf of Blue Cross NC. ®, SM are marks of the Blue Cross and Blue Shield Association, an association of independent Blue Cross and Blue Shield plans. Blue Cross and Blue Shield of North Carolina is an independent licensee of the Blue Cross and Blue Shield Association.




**Exercise made easy**

Do your exercises anywhere, anytime when it works for you.



**Support from your care team**

Get help to reduce pain, recover from an injury, prepare for surgery, and more.

**To learn more and apply, scan the QR code or visit**

**hinge.health/asahikasei**

Questions? Call (855) 902-2777

**Hinge Health está disponible en español**
**Alivia los dolores articulares y musculares y previene las lesiones con tus beneficios de salud gratuitos.**

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