

# HINGE HEALTH FAQ

Thanks for your interest in Hinge Health. This document is designed to help you answer common questions about the program.

## WHAT IS HINGE HEALTH?

Hinge Health offers a complete Digital Musculoskeletal (MSK) Clinic™ with dedicated programs for everybody and every body part. Hinge Health provides personalized care plans to help members recover from pain, discomfort, and injuries related to muscle and joint health. Each program is designed to meet the unique needs of the member—from prevention, to acute, chronic and pre/post surgery care. When needed, programs may include physical therapy video visits, specialists, health coaches, and advanced technology.

## WHAT IS THE HINGE HEALTH APPLICATION PROCESS?

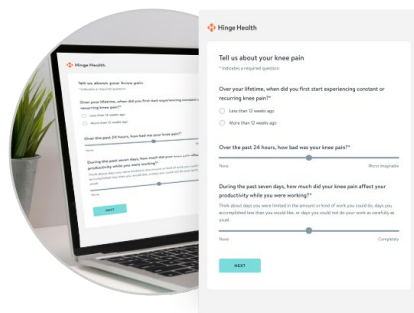
To best assess the member's care needs, the member first fills out Hinge Health's online clinical screener, which allows Hinge Health to match the member with the right program. It can be found at [hingehealth.com/vista](https://hingehealth.com/vista) and it takes only 10-15 minutes to complete!

### Assessment

Simple online clinical screener

### Prevention

Matched with the right program



- Prevention
- Acute
- Chronic
- Surgery

Presented by



MN



Hinge Health



## HINGE HEALTH CLINICAL CARE MODEL

Addresses each member's physical and behavioral needs by combining a clinical care team and advanced technology.

Licensed Doctors  
of Physical Therapy



Board-certified  
health coaches



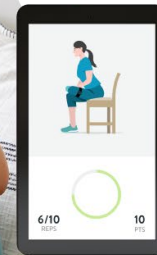
Physicians and  
orthopedic surgeons



Advanced  
motion sensors



All-in-one app  
experience



Wearable pain  
management



### WHO IS IN MY CARE TEAM?

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

### WHAT ROLE DOES MY PHYSICAL THERAPIST AND HEALTH COACH PLAY?

Your physical therapist helps assess your back and joint needs, designs a custom program for you, and is available for 1-on-1 sessions. Your health coach will be there to provide personalized support via text, email, or phone to help you reach your health goals.

### WHO IS ELIGIBLE FOR HINGE HEALTH?

Employees and dependents 18+, enrolled in a Blue Cross® and Blue Shield® of Minnesota medical plan through Vista Outdoor, are eligible.

### HOW MUCH DOES IT COST?

It's offered at no cost to you. This includes access to your care team, the Hinge Health app, and any materials that we send to assist in your care which you are able to keep.

### WHY IS VISTA OUTDOOR OFFERING HINGE HEALTH AS A BENEFIT?

By partnering with Hinge Health, Vista Outdoor is investing in the health of their employees by offering individuals the help they need to manage their musculoskeletal health and improve their daily lives.

To learn more and enroll, visit:  
[hingehealth.com/vista](https://hingehealth.com/vista)



## HOW DOES HINGE HEALTH HELP PEOPLE WITH CHRONIC PAIN?

We set you up with your own personal health coach and mail you a kit with digital sensors that connect to your phone or tablet. If you do not have a tablet, Hinge Health can provide one for you. The sensors will allow you to follow the exercises displayed on the screen, showing you how to move and adjust your body in real-time. Any equipment we send is yours to keep. The programs are made up of 15 minute playlists that you work through 3 times per week, are tailored to your abilities and pain, and adapt as you continue to improve. Your coach will be available via email, text, or over the phone to answer your questions and act as an unlimited resource!

## WHEN IS THE HINGE HEALTH PROGRAM AVAILABLE?

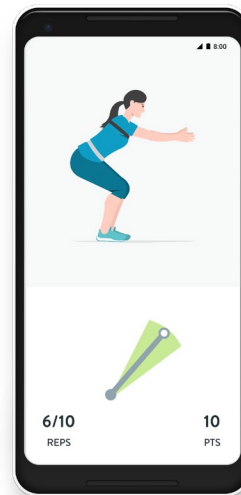
The Hinge Health program will be available and open for application in March, 2022.

## HOW MUCH TIME WILL IT TAKE?

Each session takes about 15 minutes to complete. Most individuals complete about 2-3 sessions a week, but there is no limit on the number of sessions an individual can do on a weekly basis.

## WHAT ARE THE BENEFITS OF HINGE HEALTH?

1. Your Hinge Health care plan can be done anywhere and anytime in the convenient app with guided exercises. That means never rushing to an appointment or worrying about copays!
2. Consistent virtual visits with members of your care team.
3. Depending on your needs, a kit with wearable sensors to assist in guiding exercise therapy will be provided and is yours to keep.
4. Many articles educating members on pain management, mindset, and overall wellness.



## WHAT KIND OF RESULTS CAN I EXPECT?

On average, our participants reduce their pain by more than 50%! In addition, 90% of Hinge Health participants say they're less likely to pursue surgery as an option for pain relief.

## CAN I JOIN HINGE HEALTH IF I AM NOT EXPERIENCING PAIN?

Hinge Health supports individuals on every part of the pain spectrum - including those in no pain at all! We offer exercises that are tailored to your lifestyle and are developed by our team of physical therapists. Hinge Health also offers educational articles to help ensure that you avoid future injury.

## WHAT PRIVACY MEASURES ARE IN PLACE?

Hinge Health takes security and participant privacy very seriously. We are HIPAA-compliant and do not disclose any personal information to any unaffiliated third-party. Read more about our privacy policy here:

[hingehealth.com/privacy-faqs/](https://hingehealth.com/privacy-faqs/)

**Participate with peace of mind:** Your participation in Hinge Health is confidential and no personal health information is shared with Vista Outdoor.

To learn more and enroll, visit:  
[hingehealth.com/vista](https://hingehealth.com/vista)





**QUESTIONS?**

If you have any questions, call (855) 902-2777 or email [hello@hingehealth.com](mailto:hello@hingehealth.com) to speak to the Hinge Health team.

**SCAN ME!**

