



Hinge Health

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How to Enroll

January 2020



Our Vision:

To be the world's most
patient-centered Digital Hospital —
starting with musculoskeletal health

Who We Innovate With





The Problem of *MSK*

MSK Impact



Constant pain
was the norm

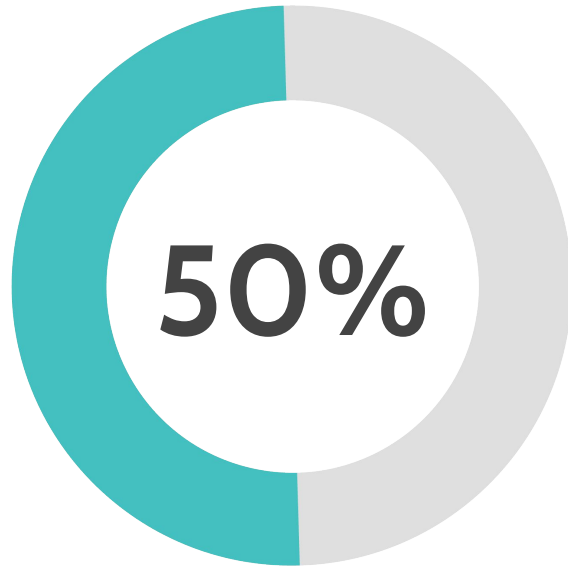
Status quo
wasn't working

Surgery was
inevitable

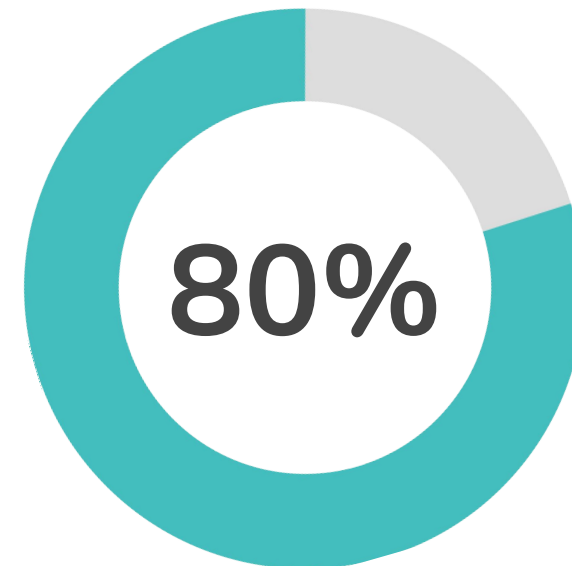


MSK Cost

Why is MSK so costly?



of that spend is waste because...



of patients do not receive appropriate
non-surgical, preventive care

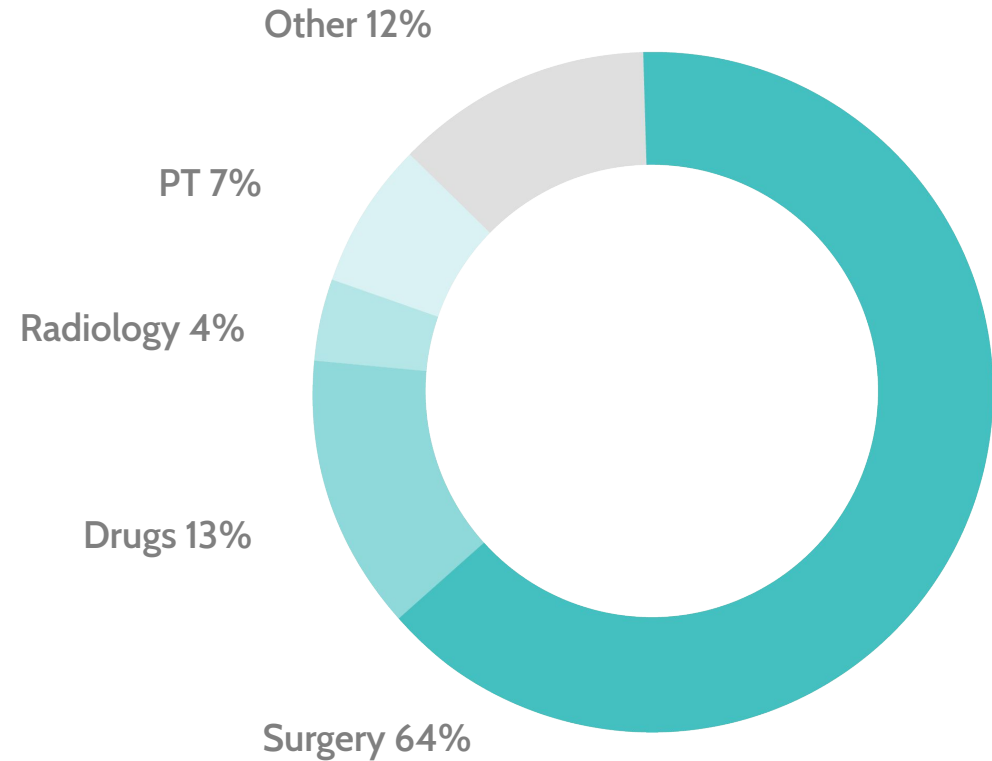
Source: Deyle, G. D. Ann Intern Med 132, 173–181 (2000).
Gatchel, R. J. & Okifuji, A.. The Journal of Pain 7, 779–793 (2006)



MSK Cost

The system is over prescribing elective surgeries

Reducing that waste may be the most important thing you do this year.





Hinge Health's Approach

Pillars of successful non surgical intervention

For meaningful and lasting improvements,
must go **beyond** just physical therapy — CDC



Education



Exercise Therapy



Behavioral Health

All leading medical bodies agree

“
Non-surgical preventative care
should occur before imaging, surgery, opioids





Our Solution:

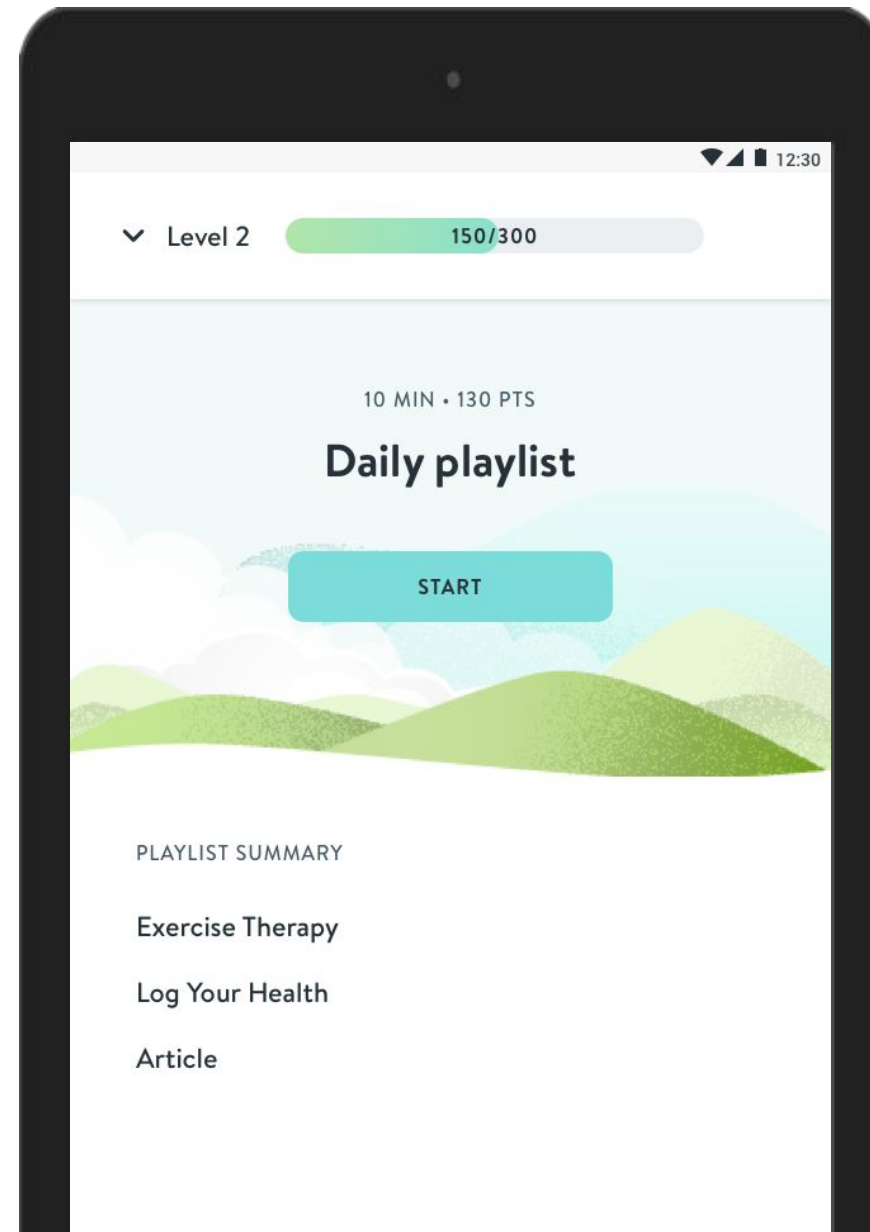
Coach-led, digital program for chronic back and joint pain

Designed From Evidence-based Care Guidelines:



Member Experience

Home Screen

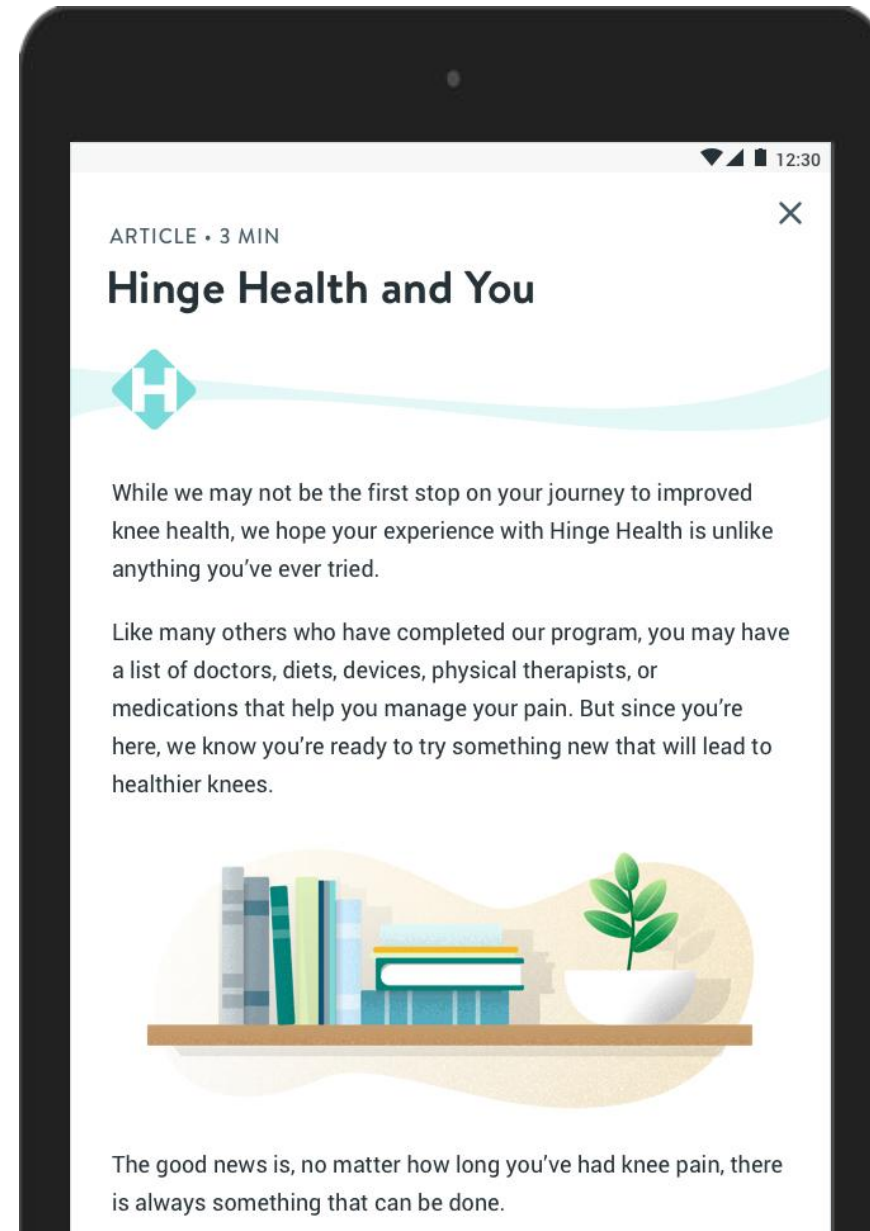


Member Experience

Education

Knowledge is power.

1. Personalized curriculum
2. Human-centered
3. Science-based

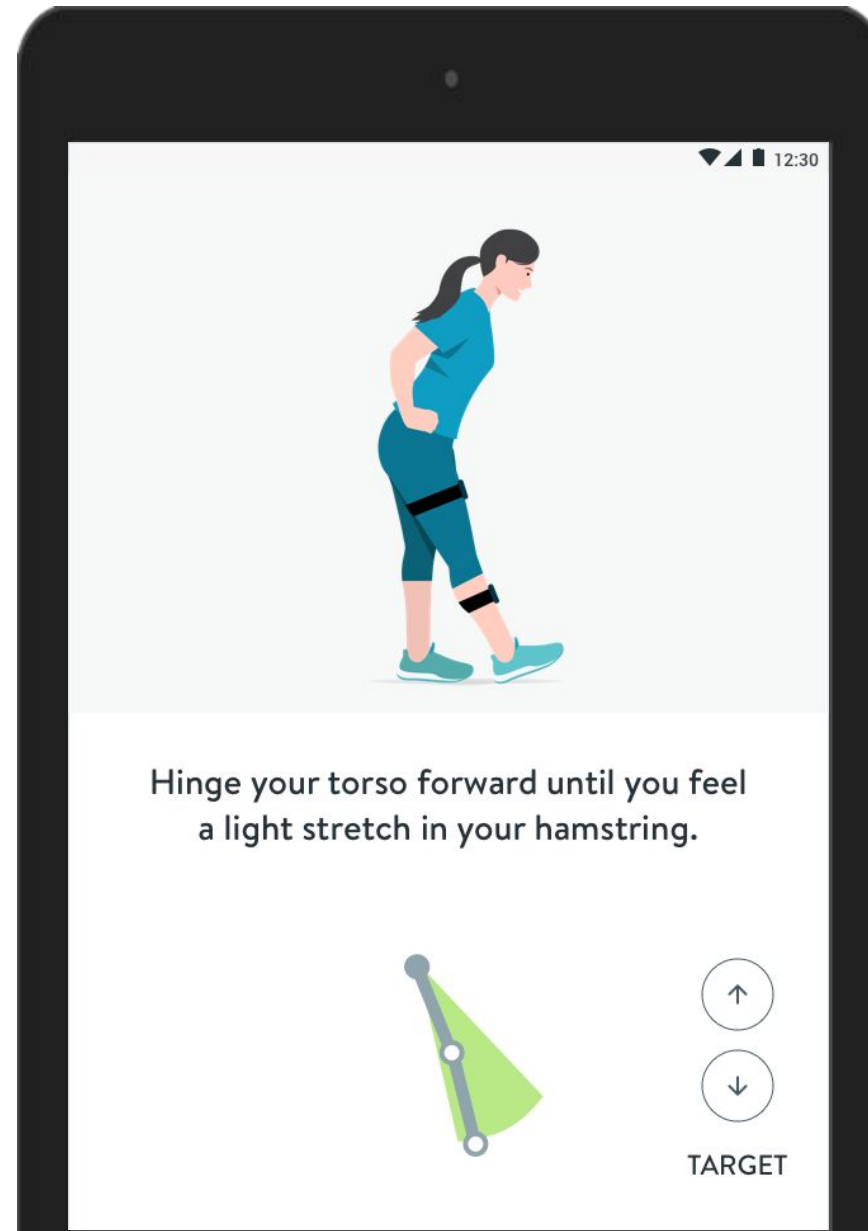


Member Experience

Exercise therapy

Movement is medicine.

1. Improve strength and mobility
2. Guided by wearable sensors
3. Real-Time Feedback & Tracking

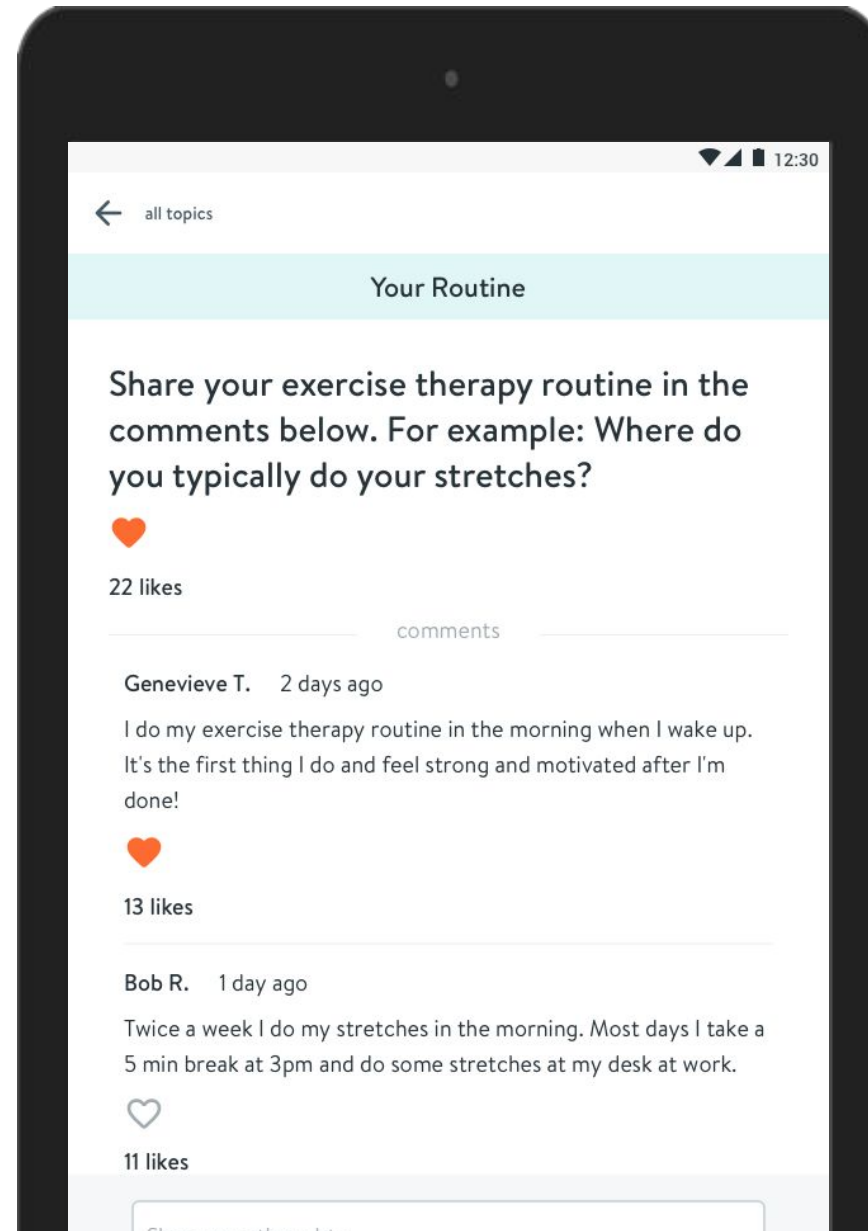


Member Experience

Behavioral Support & Coaching

We're in this together.

1. Interactive 1-on-1 Coaching
2. Supportive Team Feed
3. Goal achievement



Patient Experience

Health Coaches

All Hinge Health Coaches:

- Have coaching certification or healthcare & life sciences background
- Full-time employees of Hinge Health and receive extensive training
- Role is to motivate & engage, not provide medical advice
- Spanish-speaking coaches available

Hinge Health Clinical team

- Our Harvard, Stanford, and UCSF trained clinical team is led by Dr. Jeff Krauss, MD



Abby Blabolil
BS Kinesiology & Health
conc. Psychology



Lolita Lopez, NBC-HWC
MPH, National
Board-Certified Health &
Wellness Coach, Spanish



Sarina Lamarche, NBC-HWC
MA in Psychology



Michael Litzenberg
B.S. Kinesiology, University
of Illinois Chicago



Member Experience

Hinge Health Patient Journey



Activation



Screening



Mail Kit



Onboarding
Coach Call



Digital Care
Pathway

UTS Testimonials

"This is 4+ weeks without anything stronger than xtra strength Tylenol on a couple of occasions."

"I feel more in control because I have a program to follow, more knowledge about my pain, and I am learning new techniques for stress relief, etc."

"I no longer get the sharp, stabbing pains in my hip! Another bonus is ... when I sit for any length of time, I tend to stiffen up. When I get to my feet, I have to stand for a few seconds before I can start walking. I have been noticing that that has really improved; I don't have to "shake it off" before I can walk!"



Awareness and Enrollment

HH included in Direct Outreach campaigns

- Postcards, Flyers, Wellness Monthly Themes
- Custom URL for UTS
- Easy online application and Enrollment

ENROLL TODAY
hingehealth.com/UTS



Conquer back, knee or hip pain without drugs or surgery

You and your family members get **free access** to Hinge Health's innovative digital programs for back or joint pain as part of your UT Select Benefits. Sign up now for:

- A free tablet computer and wearable sensors
- Unlimited 1-on-1 health coaching
- Personalized exercise therapy

Over 20,000 past Hinge Health participants:

- On average, reduced pain by over 60%
- 90% said they're less likely to get surgery

Eligibility: Must be 18+ and enrolled in a BCBSTX UTSelect Medical Plan



For more information call (855) 902-2777, or apply at:
HINGEHEALTH.COM/UTS