



New, No-Cost Virtual Physical Therapy Programs with **Hinge Health**

Beginning October 1st, VEHI subscribers (active employees and non-Medicare retirees) and their dependents, 18 and older, are eligible to sign up with Hinge Health, a virtual program dedicated to reducing or overcoming musculoskeletal pain, building stronger muscles and joints, and teaching preventive practices to avoid injury. There is **no cost to VEHI subscribers** to participate.

Hinge Health offers innovative digital programs for back, knee, hip, neck, and shoulder pain, with personalized programs, guidance from certified physical therapists and health coaches, and exercise sessions.

Four Pathways to Healing from Pain

Hinge Health offers four pathways to less pain, healing, and injury avoidance:

- **PREVENTION CARE:** Interactive sessions with education and exercise to maintain an active lifestyle and avoid injury.
- **ACUTE CARE:** Following an injury, virtual sessions with a physical therapist for guided exercise therapy and education to help you heal and gain strength.
- **CHRONIC CARE:** For treating chronic pain conditions, you will have access to the services of a full clinical team, sensor-based exercise therapy, and behavioral support.
- **SURGERY CARE:** Hinge will provide pre- and post-surgery support with a clinical team, including consultations with an orthopedic surgeon.

How can you learn more right now

To learn more about this exciting new benefit program, please click here: [Hinge Health Program](#).

Health plan subscribers will receive a mailer from **Hinge Health** the week of September 30th.

This notification has been sent to School Business Officials, Human Resources Professionals, Local Union Officials and other Health Plan Employers.

To avoid confusion and to ensure consistency in the delivery of information, when distributing VEHI information do not modify any VEHI communications or attachments.

Please note: For your convenience, all VEHI Communications (sent via Campaign Monitor) can now be found in our archive at vehi.org/campaign-monitors.

You're receiving this notification because your school and/or SU are a member of our program.

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