



Reduce or Overcome MSK Pain & Grow Stronger with No-Cost Virtual Physical Therapy Programs with **Hinge Health**

This campaign monitor is to remind VEHI subscribers (active employees and non-Medicare retirees) and their dependents, 18 and older, that they are eligible to sign up with Hinge Health, a **virtual program** VEHI launched last September dedicated to reducing or overcoming musculoskeletal pain, building stronger muscles and joints, and teaching preventive practices to avoid injury. There is **no cost** to eligible VEHI subscribers or their dependents 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.

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.

To learn more about this benefit program, please click here: [Hinge Health Program](#). Also, VEHI subscribers should be on the lookout for **mailers** from Hinge Health during the weeks of May 12, May 26, and June 9.

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

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

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