



BlueCross BlueShield
of Texas

Provided by  Hinge Health



Conquer back or joint pain without drugs or surgery

As a member of Blue Cross and Blue Shield of Texas, you get access to a new innovative digital program for chronic **back, knee, hip, shoulder, and neck pain** at **no cost to you**. This program, provided by Hinge Health, includes:

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

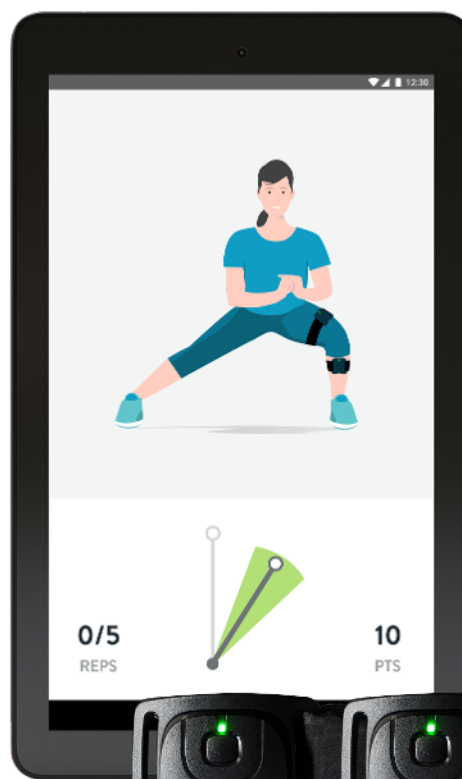
Over 80,000 participants have enrolled in their programs so far, and cut their pain by over 60%!*

Questions? Call the number on the back of your member ID card.

Hinge Health is an independent company that provides an online musculoskeletal program for Blue Cross and Blue Shield of Texas. Hinge Health is solely responsible for the products and services that it provides.

Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

*Source: Hinge Health 2017-2019 Outcomes Analysis



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To learn more and apply, visit:
HINGEHEALTH.COM/BCBSTX