



Hinge Health Overview

Unifying Digital and In-Person Care



Back, muscle & joint care

High-value care for every member, everywhere, every time



From prevention through surgery and post-recovery, care that covers every step of the journey.



Coordinated care with one plan and team for a seamless, hassle-free experience.

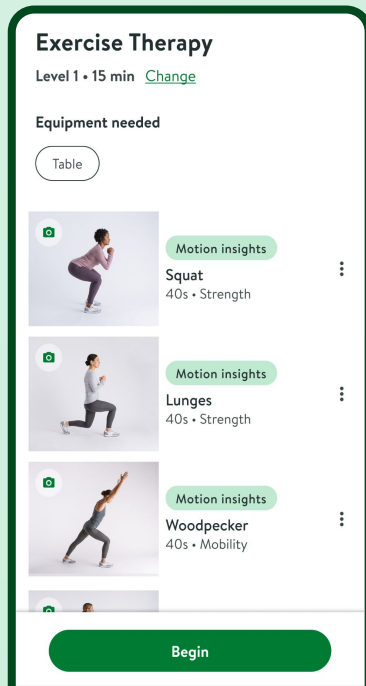


Virtual care is always ZERO cost to members; In-person care at no or low cost.

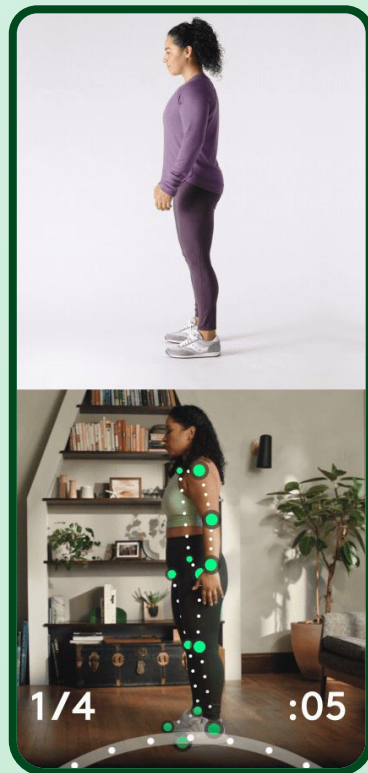


Digital exercise therapy

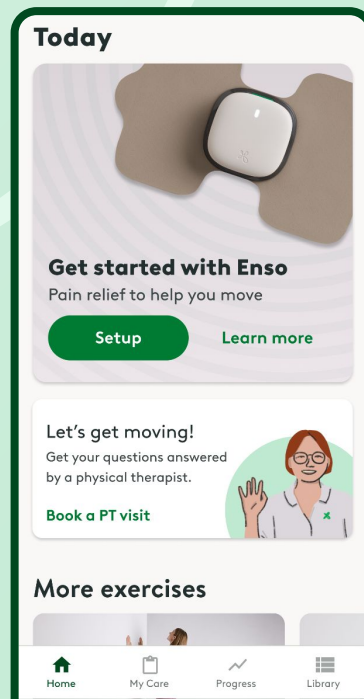
Personalized care plan



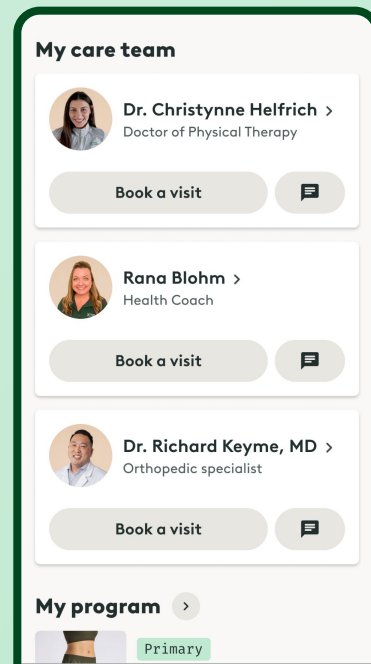
Exercise therapy



Pain relief



Care team



Orthopedic specialist virtual visits

Accessible and convenient

\$0 cost for all members

Comprehensive virtual appointments

Thorough evaluations, actionable care plans, imaging orders, non-controlled medications, and referrals

Optimal care in real time

Providers focus on giving the right first care and making sure patients get the proper follow-up services.

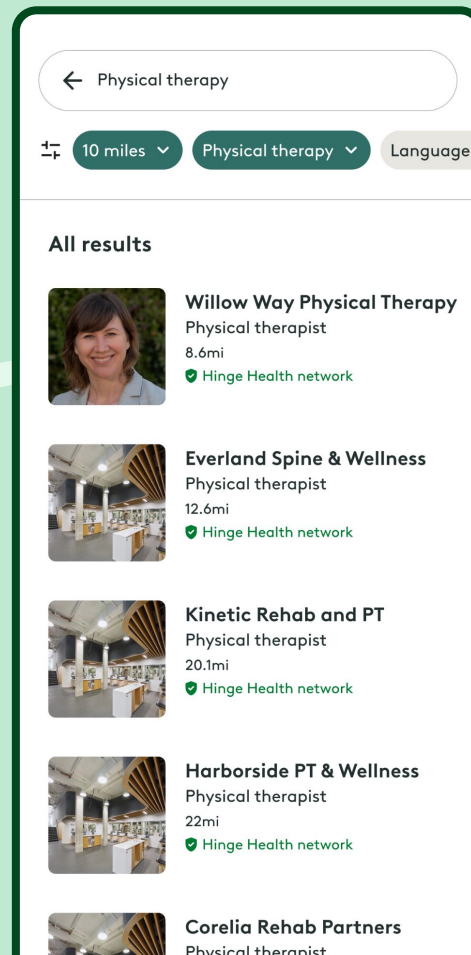


In-person providers

Greater access, expanded choice, and uncompromised quality

Access to in-person care

- Easy access to wide selection of providers through our network and your existing Anthem and Blue Shield's network
- Low or no cost to book appointments with HingeSelect providers and support in scheduling appointments



A middle-aged man with grey hair and a beard, smiling, stands on an outdoor basketball court. He is wearing a blue and white plaid shirt over a dark grey t-shirt and blue jeans. He is holding a basketball in his right hand. In the background, there is a basketball hoop, a black fence, and trees.

Matt

Teacher

MSK History

- Chronic neck pain from long term work
- Acute right shoulder pain from a basketball game, difficulty lifting arm

Getting Started

Easily evaluate care options and get started right away

Awareness

Hinge Health now features virtual and in-person care



caption

When you're struggling with joint and muscle pain or discomfort, the burden of understanding your options and costs, getting referrals, and waiting months for appointments can be pretty frustrating too.

That's why Hinge Health brings together everything you need to treat your pain — for care that's easier to navigate at every step.

Sign up

Complete care for every body

All accessible through the Hinge Health app.



Start treating your pain immediately

Sign up for access to virtual physical therapy, including personalized exercises you can do at home in as little as 15 minutes.

See an orthopedic specialist in 48 hours or less

Explore care options

How can we help you?

Start digital care

No cost to you



Muscle & joint pain
Reduce pain and improve mobility



Pelvic health
Care for women's health and pelvic floor disorders



Specialist visit
Connect virtually with an orthopedic specialist

Get in-person care

\$0 or low cost to you*



In-person care
Find high quality providers near you, including imaging

*For in-person care and services, members may have a cost share if they are on a high deductible plan and have not met their deductible, or if they see a non-HingeSelect provider.

Focus and history

What areas should your program focus on?

Select up to 3 areas. If your pain area isn't listed, pick an area closest to it.



Neck/Upper back



Shoulder



Lower back



Elbow

Schedule

← 45 min video visit

May

Mon	Tue	Wed	Thu	Fri	Sat	Sun
29	30	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2



Your orthopedic specialist



Dr. Richard Keyme, MD >
Orthopedic Specialist



9 AM

10 AM

10:30 AM

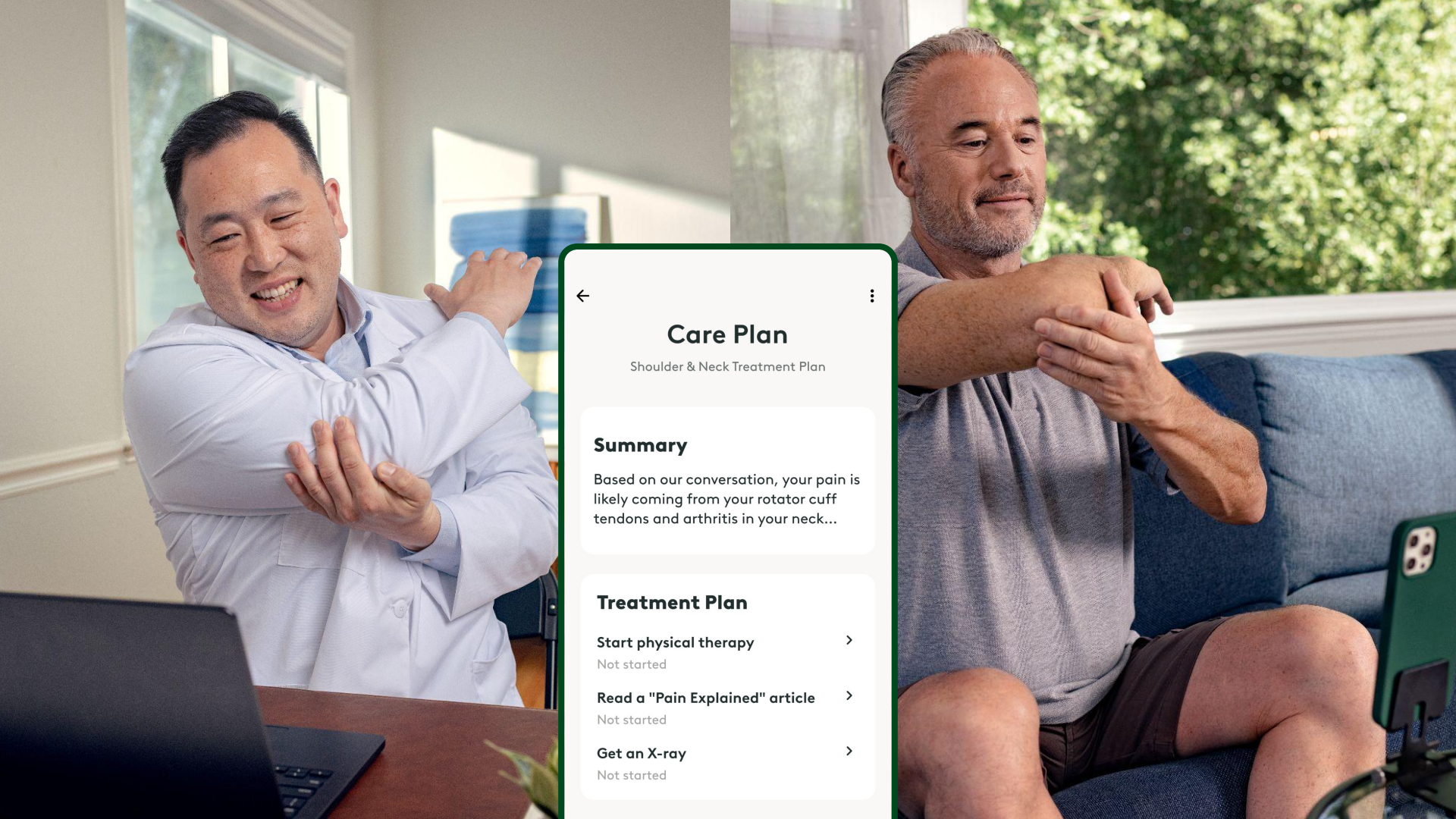


4 PM

4:30 PM

5 PM

5:30 PM



Care Plan

Shoulder & Neck Treatment Plan

Summary

Based on our conversation, your pain is likely coming from your rotator cuff tendons and arthritis in your neck...

Treatment Plan

Start physical therapy >

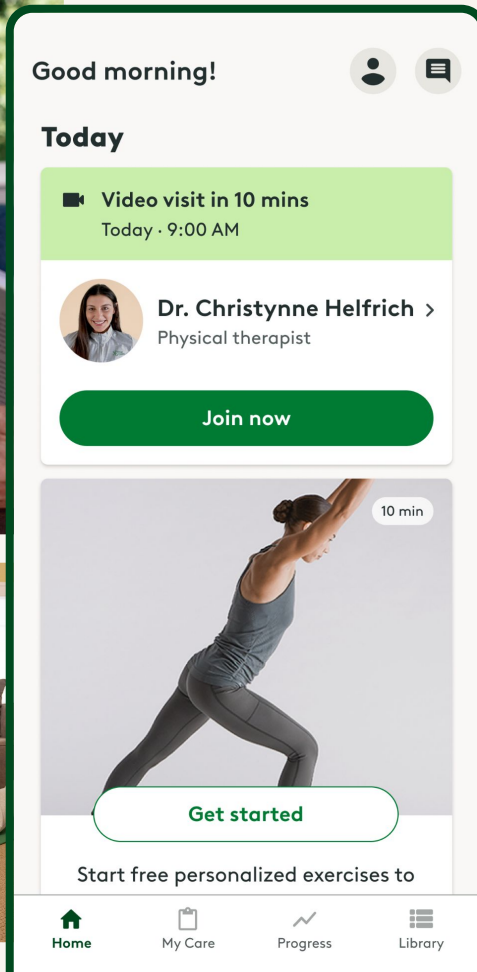
Not started

Read a "Pain Explained" article >

Not started

Get an X-ray >

Not started



**Tailored
exercise
therapy**

An integrated In-person experience

Schedule visit



HingeSelect Network

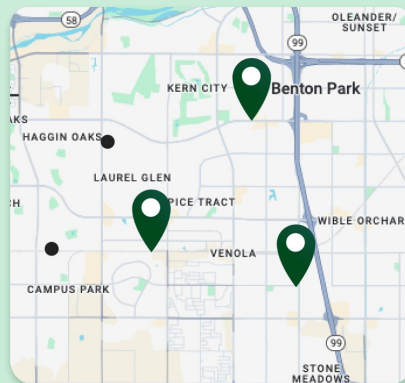
- ✓ Top tier providers in your area
- ✓ Concierge scheduling
- ✓ \$0 cost share

Treatment Plan

Start physical therapy >
Completed

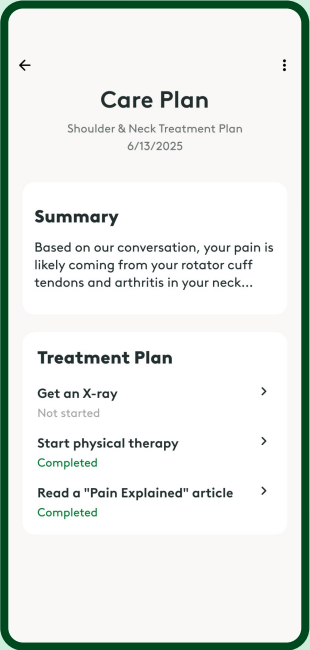
Read a "Pain Explained" article >
Completed

Get an X-Ray >
Not started

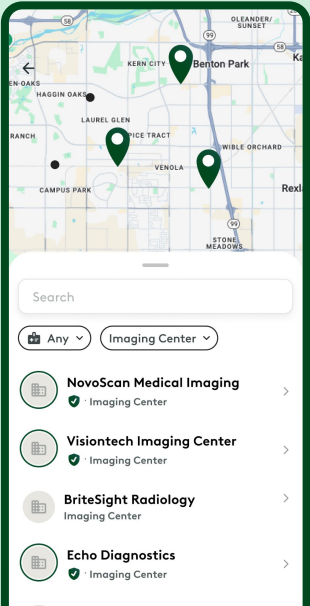


In-person care with the ease of digital

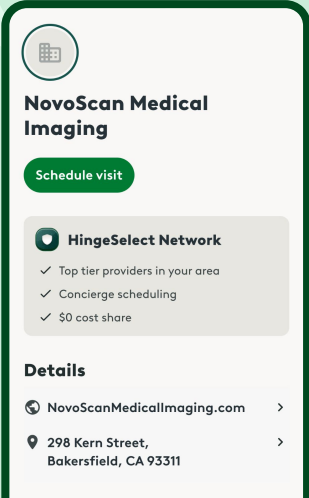
Care plan



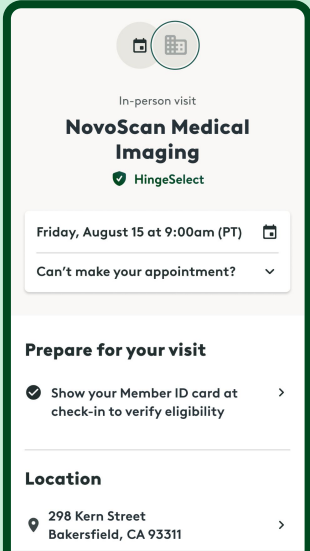
Provider directory



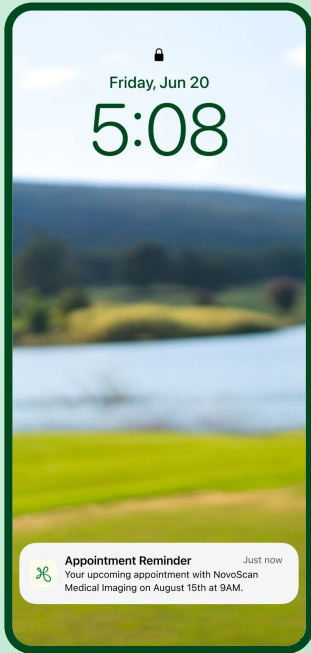
Select a provider

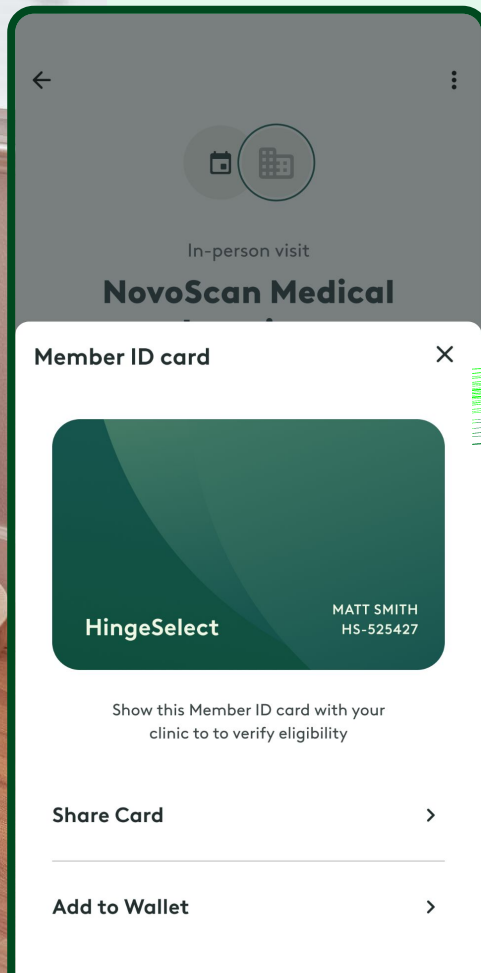


Book visit



Reminders





Frictionless
in-person
visit



Hi Matt, your X-ray looks reassuring. Keep up the good work with your exercises! I can see you've been doing them three times a week. That's excellent!

That's great news. Thanks, Dr. Keyme! The exercises are definitely helping—I'm feeling much less pain now.





You hit your goal!

Nice job—you completed your weekly goal
and continued your streak.



3

Total exercise
sessions



6

Weekly goal
streak

Continue



Hi Matt, it's been six weeks since our last visit. How have you been feeling? I noticed your pain scores have improved over time.

Hello! Thanks so much for reaching out. My neck and shoulder are feeling much better, and I'm even back to playing basketball with my son.



Get started today!

- + Visit hinge.health/sisc-oneapp
- + Fill out the application questionnaire
- + Receive a welcome message & download the Hinge Health app
- + Get started right away!

Eligibility: Available for free to employees, dependents 18+, and pre-65 retirees enrolled in an Anthem PPO, Blue Shield PPO, or SISC Proactive Care Plan with SISC as their primary insurance.



How to access → hinge.health/sisc-oneapp



Enroll Now →


Sponsored by Self-Insured Schools of California

Fast, stress-free access to orthopedic care

No referral necessary. No waiting months for an appointment. Get access to virtual physical therapy, orthopedic specialists, and in-person care—all at little or no cost to you.*


Join Hinge Health →

1 million+ members have used Hinge Health to reduce their pain!



What to expect for new members who select specialist visit

Create your account



Create your account

Email Address


We recommend a personal email address.



Create Password

Confirm Password

Create account

Or

 Continue with Google


 my.hingehealth.io 

Care options


How can we help you?

Start digital care


No cost to you



Muscle & joint pain
Reduce pain and improve mobility




Pelvic health
Care for women's health and pelvic floor disorders



Specialist visit
Connect virtually with an orthopedic specialist

Get in-person care

\$0 or low cost to you*



In-person care
Find high quality providers near you, including imaging


*For in-person care and services, members may have a cost share if they are on a high deductible plan and have not met their deductible, or if they see a non-HingeSelect provider.

Get started

Today

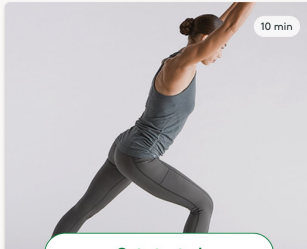
Video visit in 10 mins

Today · 5:00 PM



Dr. Richard Keyme, MD >
Orthopedic specialist

Join now



10 min

Get started


Schedule a video visit

< 45 min video visit


June 16-22


Mon	Tue	Wed	Thu	Fri	Sat	Sun
16	17	18	19	20	21	22


Your orthopedic specialist





Dr. Richard Keyme, MD >
Orthopedic Specialist


 9 AM


 10 AM


 10:30 AM

 4 PM


 4:30 PM


 5 PM


 5:30 PM





Dr. Dorian Logan, MD >
Orthopedic Specialist


 9 AM


 9:30 AM


 10 AM

 10:30 AM

 4 PM

 4:30 PM

 5 PM

 5:30 PM

What to expect for new members who select in-person care

Care options

How can we help you?

Start digital care
No cost to you



Muscle & joint pain
Reduce pain and improve mobility



Pelvic health
Care for women's health and pelvic floor disorders



Specialist visit
Connect virtually with an orthopedic specialist

Get in-person care
\$0 or low cost to you*



In-person care
Find high quality providers near you, including imaging

In-person provider

How can we help?

Select an option below and we'll help you get the orthopedic care you need.



Physical therapy
Visit an in-person physical therapist for hands-on care



Virtual specialist visit
Meet with a doctor for evaluation, diagnosis, prescriptions and referrals



Help finding care
Chat with a care coordinator to find the right care for you

Location



Confirm your location

Enter the zip code where you would like to get care.

Label

94025

Your zip code is used to locate care nearby and will appear in your message history.

Continue

Availability

Share your availability

Select your preferred availability to help your care coordinator find an appointment.



Time preferences

Monday



Morning
8:00am-12:00am



Afternoon
12:00pm-4:00pm

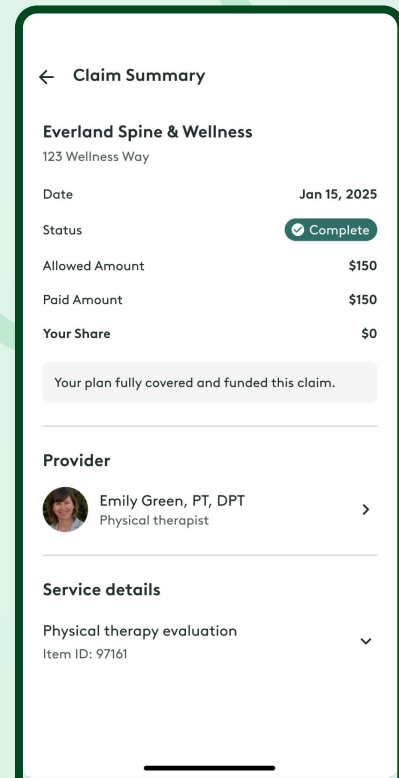
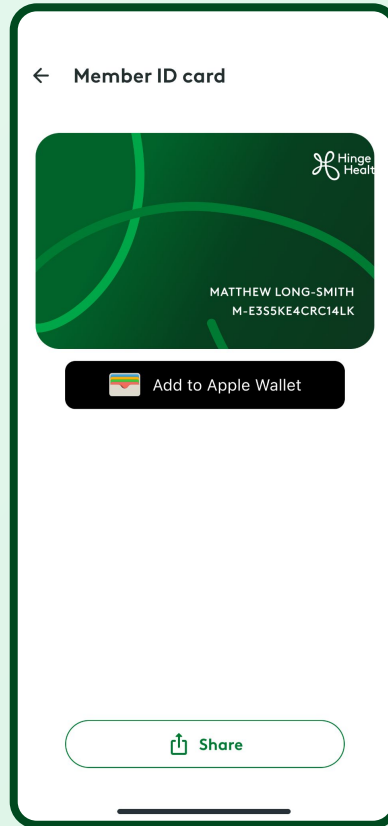
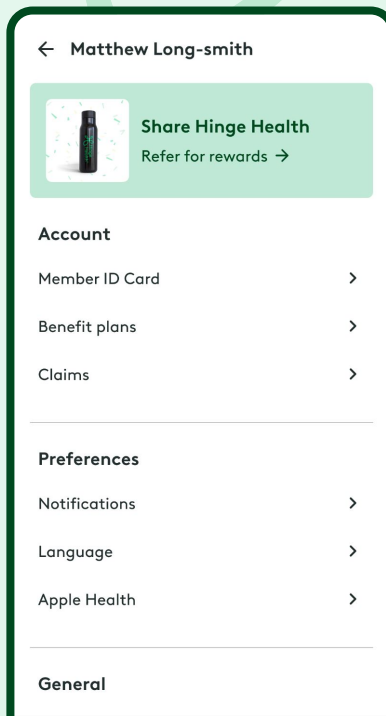
Evening
4:00pm-8:00pm

Tuesday



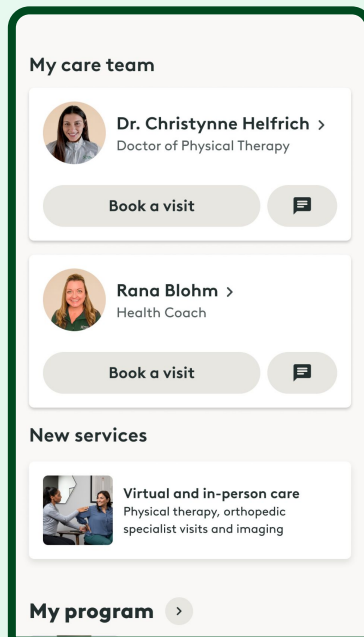
Submit

What to expect for in-person care Hinge Health ID card and claims

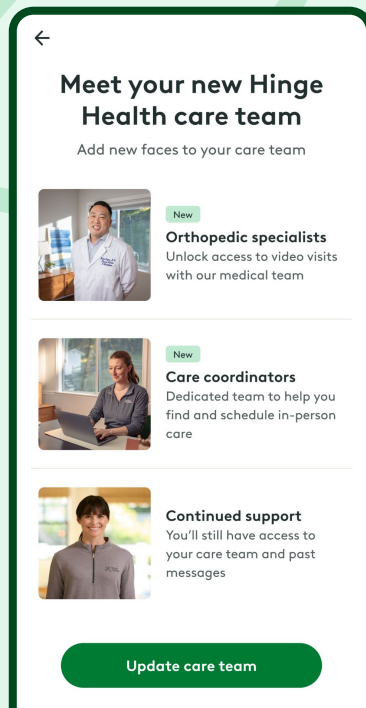


What to expect for existing members in the muscle & joint program

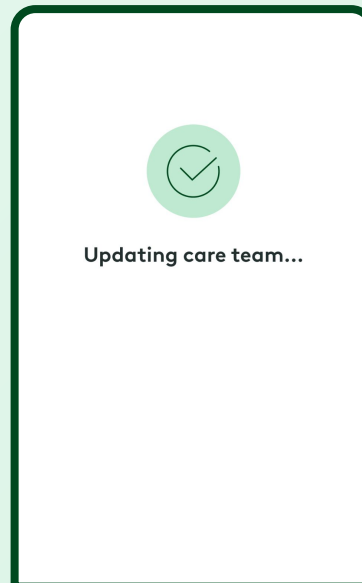
Care team



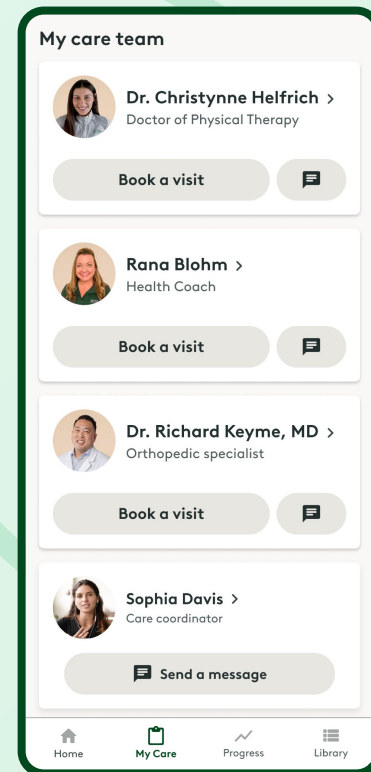
Expand your care team



Adding new care team members



Expanded care team





Thank you!