



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
Level 1 • 15 min [Change](#)

Equipment needed
[Table](#)

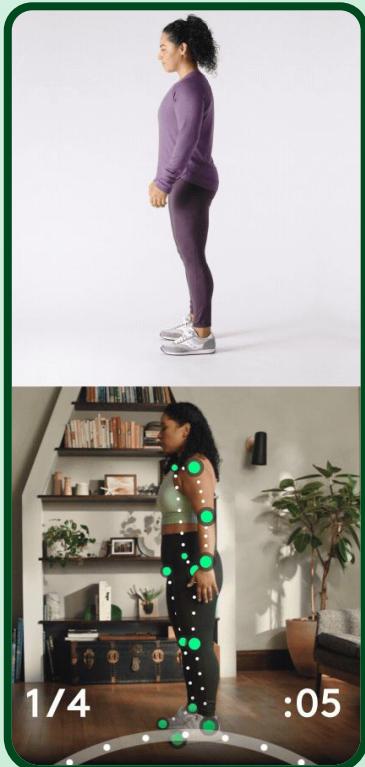
 Motion insights
Squat
40s • Strength

 Motion insights
Lunges
40s • Strength

 Motion insights
Woodpecker
40s • Mobility

Begin

Exercise therapy



Pain relief

Today



Get started with Enso
Pain relief to help you move

Setup [Learn more](#)

Let's get moving!
Get your questions answered by a physical therapist.

[Book a PT visit](#)

More exercises

[Home](#) [My Care](#) [Progress](#) [Library](#)

Care team

My care team

 **Dr. Christynne Helfrich** >
Doctor of Physical Therapy

[Book a visit](#) [Message](#)

 **Rana Blohm** >
Health Coach

[Book a visit](#) [Message](#)

 **Dr. Richard Keyme, MD** >
Orthopedic specialist

[Book a visit](#) [Message](#)

My program >

 **Primary**

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.

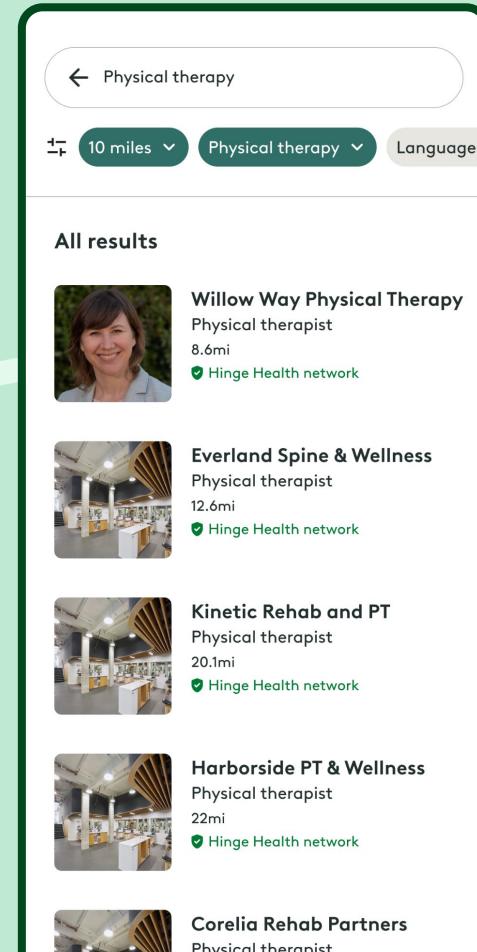


In-person providers

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

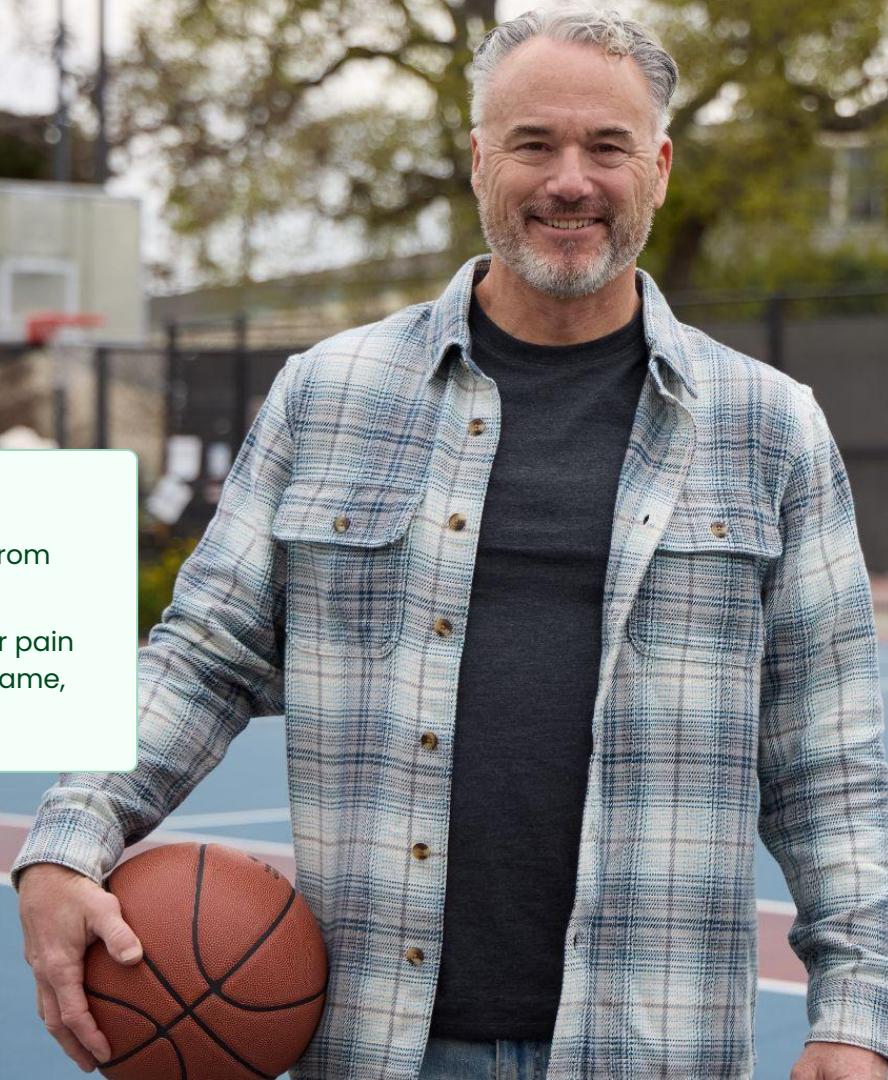


Matt

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
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13	14	15	16	17	18	19
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20	21	22	23	24	25	26
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27	28	29	30	31	1	2
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...

Your orthopedic specialist



Dr. Richard Keyme, MD >

Orthopedic Specialist

9 AM	10 AM	10:30 AM
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4 PM	4:30 PM	5 PM	5:30 PM
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← ⋮

Care Plan

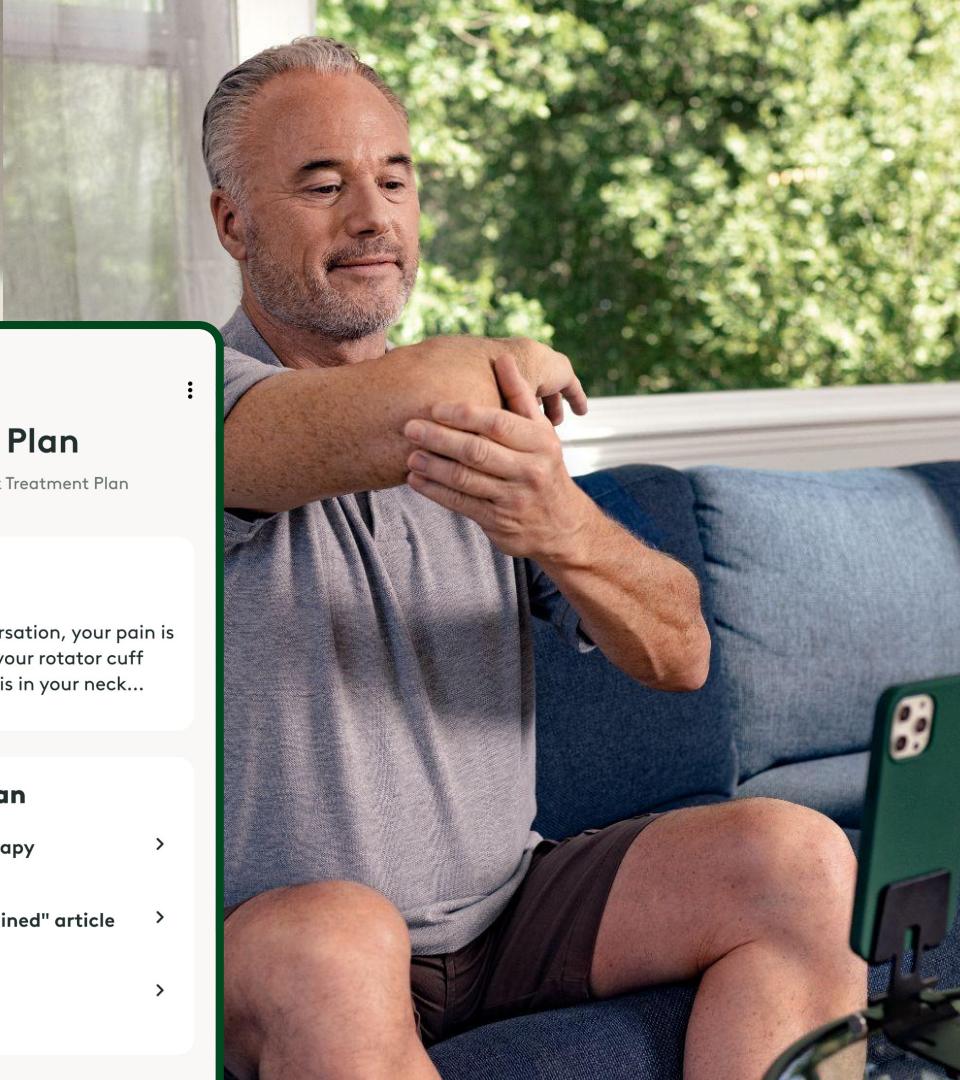
Shoulder & Neck Treatment Plan

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



A smartphone screen displaying a digital interface. At the top, it says "Good morning!" with icons for profile and message. Below that, a green box says "Today" and "Video visit in 10 mins Today · 9:00 AM". It shows a profile picture of a woman named "Dr. Christynne Helfrich > Physical therapist" and a "Join now" button. Below this is a video thumbnail of a woman in a grey tank top and leggings performing a stretching exercise, with a "10 min" duration indicator. At the bottom, it says "Get started" and "Start free personalized exercises to". The bottom navigation bar includes "Home", "My Care", "Progress", and "Library".

Good morning!

Today

Video visit in 10 mins
Today · 9:00 AM

Dr. Christynne Helfrich >
Physical therapist

Join now

10 min

Get started

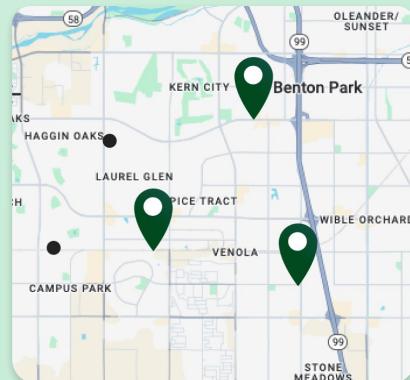
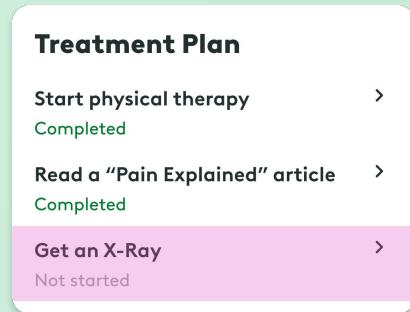
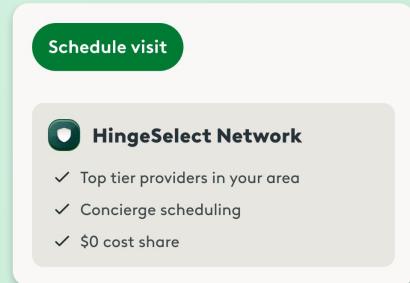
Start free personalized exercises to

Home My Care Progress Library



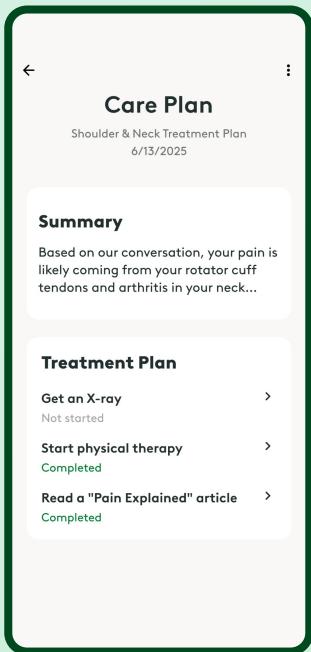
Tailored
exercise
therapy

An integrated In-person experience

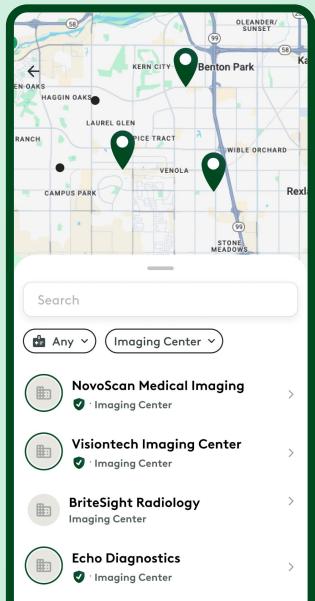


In-person care with the ease of digital

Care plan



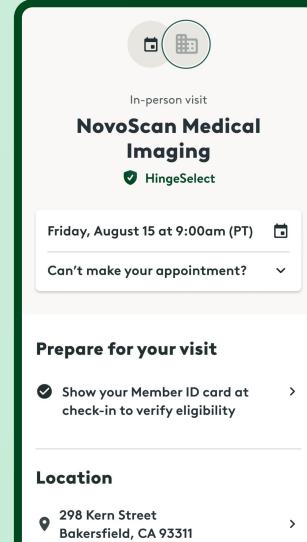
Provider directory



Select a provider

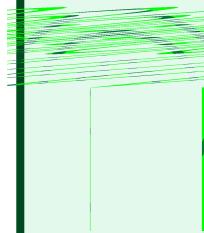
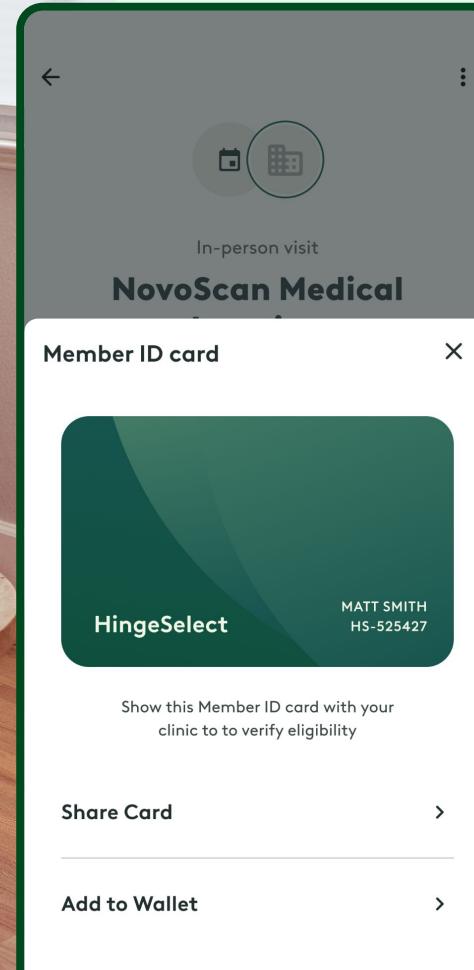


Book visit



Reminders



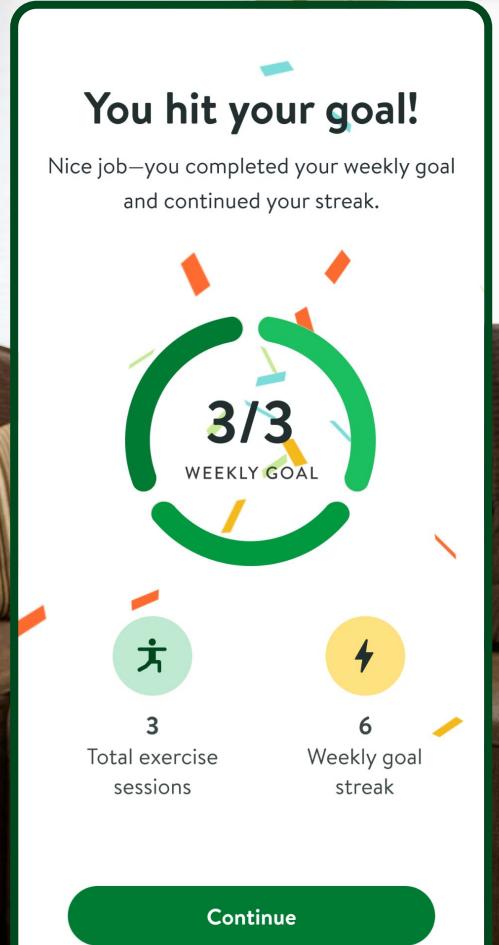


Frictionless in-person visit



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.





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

SISC | Hinge Health

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!

Enroll Now →

NEW! Virtual & in-person care

What to expect for new members who select specialist visit

Create your account

 Hinge Health

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

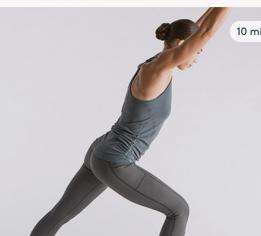
Today

 **Video visit in 10 mins**
Today - 5:00 PM



Dr. Richard Keyme, MD >
Orthopedic specialist

Join now



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 

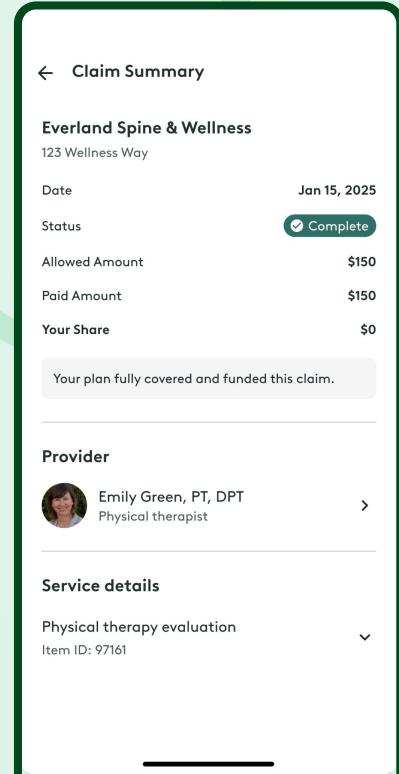
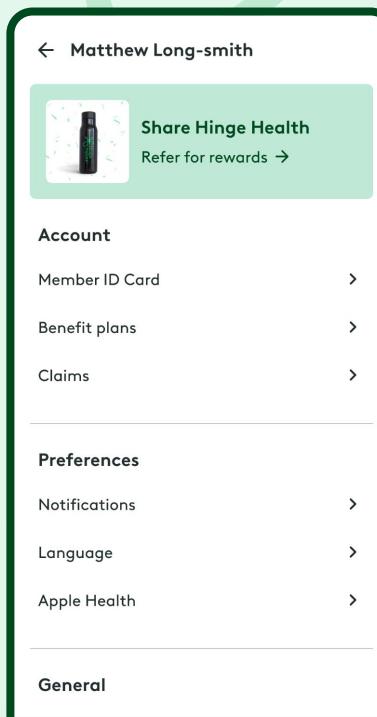
Afternoon
12:00pm-4:00pm

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

My care team

Dr. Christynne Helfrich >
Doctor of Physical Therapy

Rana Blohm >
Health Coach

Virtual and in-person care
Physical therapy, orthopedic specialist visits and imaging

My program

Expand your care team

Meet your new Hinge Health care team

Add new faces to your care team

Orthopedic specialists New
Unlock access to video visits with our medical team

Care coordinators New
Dedicated team to help you find and schedule in-person care

Continued support
You'll still have access to your care team and past messages

Update care team

Adding new care team members

Updating care team...

Expanded care team

My care team

Dr. Christynne Helfrich >
Doctor of Physical Therapy

Rana Blohm >
Health Coach

Dr. Richard Keyme, MD >
Orthopedic specialist

Sophia Davis >
Care coordinator

Send a message

Home My Care Progress Library



Thank you!