



BlueCross BlueShield  
of Illinois

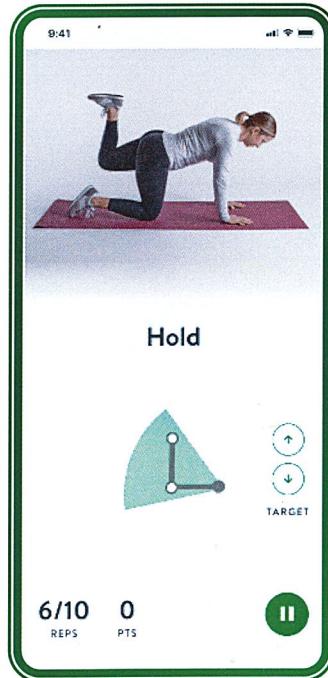


## Conquer back and joint pain without drugs or surgery

You and your eligible family members have access to Hinge Health's programs for back, knee, hip, shoulder, or neck pain as part of your Blue Cross and Blue Shield of Illinois membership. Programs may include:

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

According to one clinical study, more than 10,000 program participants reduced their pain an average of 68%.\*



Scan the QR code to learn more or apply at  
[hinge.health/bcbsil](https://hinge.health/bcbsil)  
or call (855) 902-2777

Eligibility: Participants must be 18+ and enrolled in a PPO medical plan through Blue Cross and Blue Shield of Illinois.

\*Source: Hinge Health 2017-2019 Outcomes Analysis

Hinge Health is an independent company that has contracted with Blue Cross and Blue Shield of Illinois to provide an online musculoskeletal program for members with coverage through BCBSIL. BCBSIL makes no endorsement, representations or warranties regarding third-party vendors and the products and services offered by them.

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