CIS | **Hinge Health**

Conquer back and joint pain without drugs or surgery

You and your eligible family members get to Hinge Health's programs for **back, knee, hip, shoulder, or neck pain**, which include:

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

members have joined our programs so far, and cut their pain by nearly 70%!

Eligibility: Participants must be 18+ and enrolled in a BlueCross BlueShield of Oregon medical plan. Regence BlueCross BlueShield of Oregon is an Independent Licensee of the Blue Cross and Blue Shield Association. Hinge Health® is a separate and independent company that provides services for Regence members.