



BlueCross BlueShield  
of Texas

UT SELECT |  Hinge Health



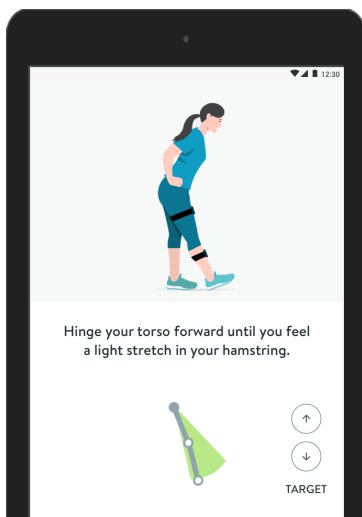
## Chronic pain may feel like a losing battle – we're here to help.

### Program Overview

Hinge Health is a digital care program designed to address **chronic low back, knee, hip, neck or shoulder pain**. Hinge Health digitizes each facet of best-practice, nonoperative preventative care: exercise therapy, education, behavioral support. The program is offered for **free to UT Select health plan members and dependents**.

Each element of the program is delivered entirely digitally, and includes:

- ❖ **Personalized Exercise Therapy** to improve strength and mobility. You'll receive tailored stretching & strengthening activities delivered through Bluetooth-connected motion sensors and tablet (yours to keep), providing you with real time feedback.
- ❖ **Unlimited 1-on-1 Coaching** to support you through the program and keep you motivated.
- ❖ **Interactive Education Content** every week on how to manage your specific condition, your treatment options, common misconceptions, and more.



### How to Apply:

1. Visit [hingehealth.com/utsystem](https://hingehealth.com/utsystem)
2. Set up an account and password to apply
3. Fill out the clinical questionnaire (10 minutes)
4. Expect a follow up email within 24-48 hours