



Solving MSK

October 25, 2023

01

Program overview

Different members need different care

No two MSK journeys are the same



Care for Chronic MSK pain



Job-specific exercises & education



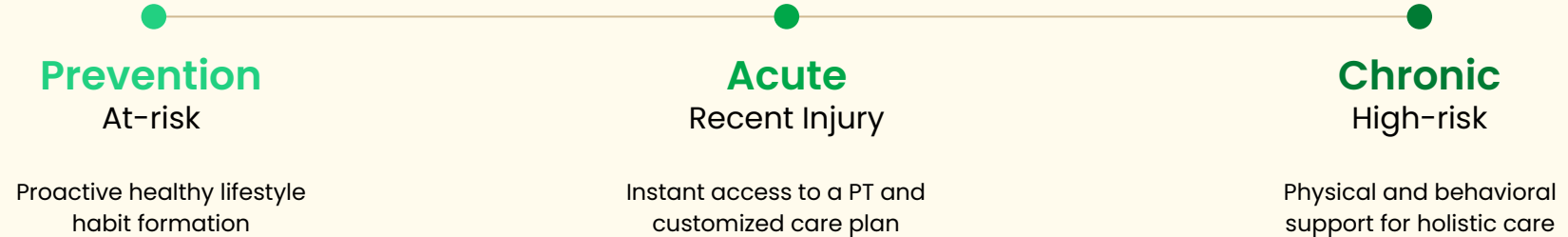
Recovering from a recent injury



Desire for building healthy habits

Comprehensive digital MSK care

A single solution delivers care for everybody and every body part



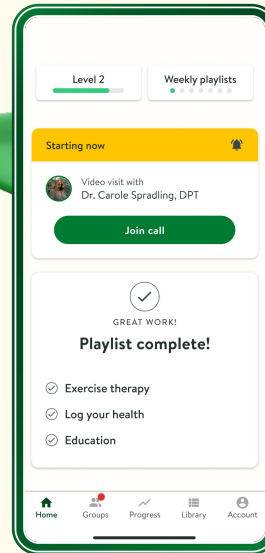
Reimagined MSK care – built around your members

Simple access to a digital joint & muscle clinic gets members moving when and where they want.

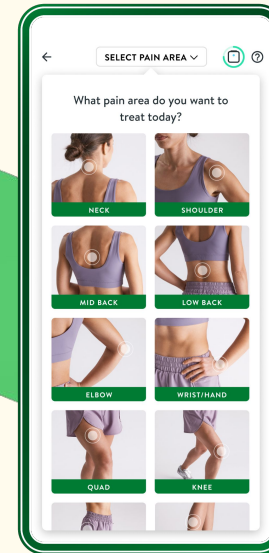
Clinically complete care team and technology suite manage pain and remove barriers to recovery.

Intelligently personalized care gets smarter with every move – and intervenes earlier to reduce unnecessary utilization.

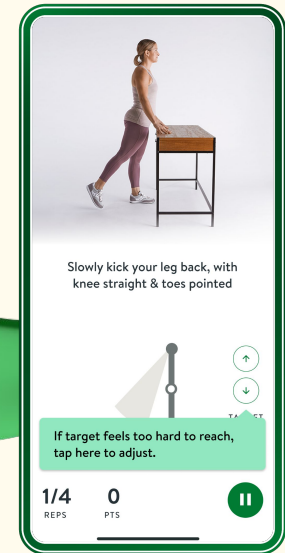
Simple access



Clinically complete

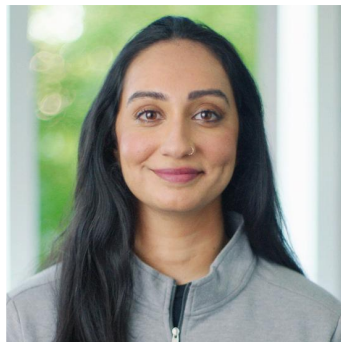


Intelligently personalized



Our complete care team oversees the member journey

400+ clinical care team members



**Licensed doctors
of physical therapy**

Focuses on physical
recovery



**Health
coaches**

Focuses on behavioral
change



**Physicians and
orthopedic surgeons**

Focuses on clinical
approach and
program design

Member experience

Engaging members

Our 3 simple steps to enroll

1 Awareness

Multi-channel program



Sign up while spots still remain!

YOUR LOGO HERE 

Conquer back and joint pain without drugs or surgery

We provide all the tools you need to get moving again from the comfort of your home. You'll get exercise therapy tailored to your condition, wearable sensors for live feedback in the app, personal coach and physical therapists. Best of all, it's free – 100% covered by [CLIENT] for you and eligible family members.

Sign up today for help with any of the following:

- Conquer pain or limited movement
- Recover from a past injury
- Reduce stiffness in achy joints

Join for your back, knee, hip, neck, or shoulder. On average, our participants cut their pain by 68%.*



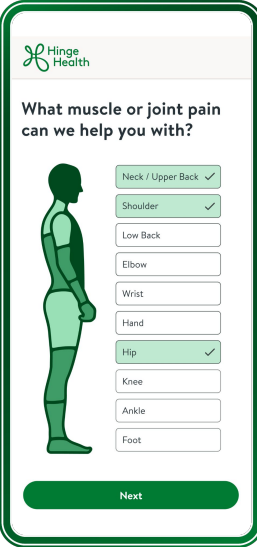
Find out if Hinge Health is the right fit for you, visit hingehealth.com/client/startnow or call (855) 902-2777


Eligibility to receive program is based on the program in which you are placed. Participants must be 18+ and enrolled in a/our membership benefit plan. *Open Scripts and the H Logo are trademarks of Express Scripts Strategic Development, Inc. Source: Hinge Health 2017-2019 Customer Analysis.

*In a study of chronic knee and back program participants, Bailey, JF, et al. Digital Care for Chronic Musculoskeletal Pain. ©2020 Participant Longitudinal Cohort Study. J Med Internet Res 2020 | 20(10):e18250.


2 Assessment

Online clinical screener



 Hinge Health

What muscle or joint pain can we help you with?



- Neck / Upper Back
- Shoulder
- Low Back
- Elbow
- Wrist
- Hand
- Hip
- Knee
- Ankle
- Foot

Next

3 Enrollment

Matched with the right program



Prevention Acute Chronic

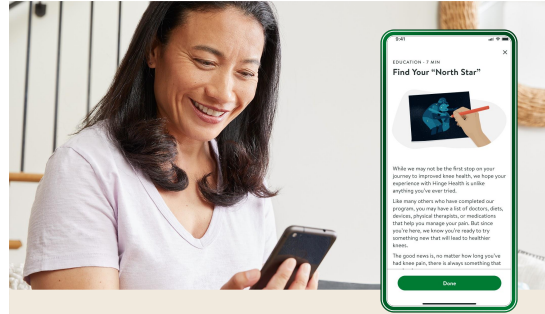
Prevention Program

Includes: In-app member experience



Download app

Free app can be downloaded to a tablet or phone



Read education

Member will learn healthy habits and how to avoid risky behaviors



Complete exercises

In-app exercises are designed by PTs and customized by job profile

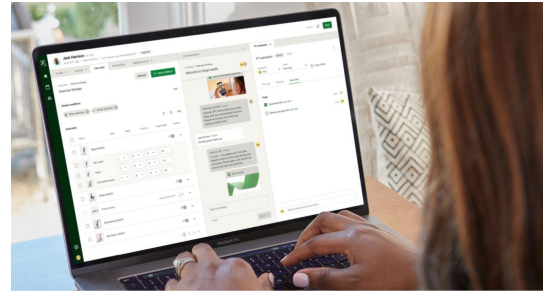
Acute Program

Includes: App paired with a dedicated doctor of physical therapy



Schedule a PT visit

After the screener, a member can schedule their 1:1 PT video visit



PT customizes care plan

A dedicated PT creates their care plan and can customize exercise recommendations



Complete exercises

PT's deliver exercises and psychosocial components of the Acute Program

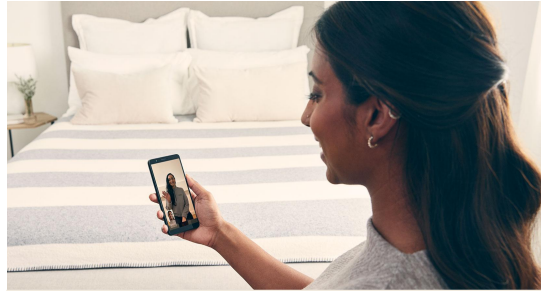
Chronic Program

Includes: App, motion technology paired with a dedicated doctor of physical therapy & health coach



Receive welcome kit

Members are offered a dedicated tablet, wearable motion sensors and all-in-one app that works right out of the box



Meet your dedicated care team

Work with the same PT and health coach with 365 day access



Access to advanced technology

Motion tracking guided exercise therapy; Enso provides non-addictive pain relief

Application Process

Apply

- Visit hinge.health/pernodricard
- Fill out questionnaire
- Expect a follow-up email within 24-48 hours

Program Acceptance

- Receive welcome message from Hinge Health

Receive kit or Download app

- Login to the app and begin the Hinge Health program



FAQ

Question

Answer

How much does the program cost?

Provided at no cost for all employees and dependents 18+ enrolled in an Aetna® medical plan through Pernod Ricard.

What should I do before my intro coaching call or PT session?

You will receive text or email communication on what to do in preparation for your first call with your dedicated health coach or PT. Depending on which program you are enrolled in, this may include completing an exercise therapy session in the app, reading an education article, or simply thinking of questions to ask your coach or PT on the call.

What is a health coach and how can they help me?

A health coach is an accountability partner. They will work 1:1 with you throughout the Chronic program to help you create and stick with your goals. You will have monthly calls with them and they will check-in with you each week.

Can I do a program for more than one body part/joint at a time?

Participants are unable to do multiple programs simultaneously. We recommend starting by completing the online screener based on the body part with the most pain. You are able to work with your health coach and PT to determine when you the best time is to move on to a program for a different joint/body part.

What if my doctor has told me that I can't do specific movements?

Our programs are designed to meet you where you are, so no matter where you land on your MSK pain journey, we can help. PT's and health coaches are able to provide modifications for any non-weight bearing recommendations or movement limitations.

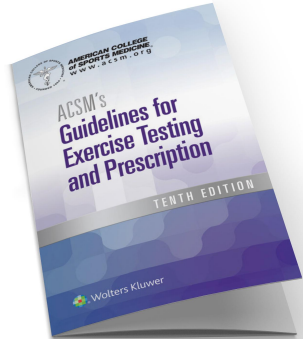
What happens to the tablet and sensors after program completion?

The tablet and wearable sensors that you receive for the Chronic program do not need to be returned. They are yours to keep.

Feel free to reach out to us at hello@hingehealth.com or to call **(855) 902-2777** if you have additional questions.

Conditions requiring physician approval

Prior to starting program



General Guidelines for acceptance

1. Will the condition be worsened or exacerbated by light intensity exercise? (ACSM Guidelines)
2. Will the condition prevent member from engaging in Hinge Health?

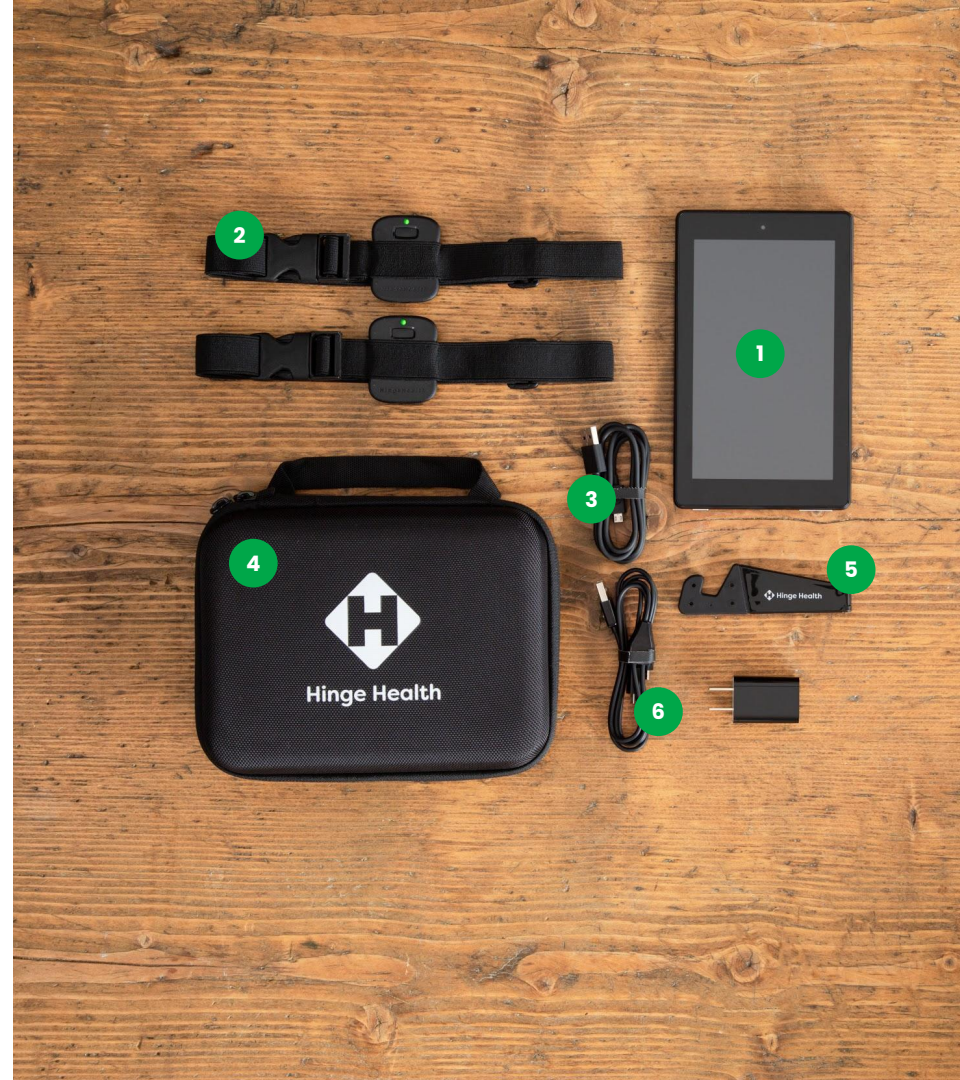
Conditions requiring physician review

- Patient was previously advised to avoid specific exercises
- Surgery last 3–6 months
- Cardiac Disease
- Pregnancy (3rd trimester, high-risk pregnancy)
- Cancer (ongoing chemotherapy, late stage)
- Severe depression or anxiety (GAD7; PHQ9)
- Autoimmune diseases/spondyloarthropathies (e.g. RA)
- Significant trauma in past 3 months
- Osteoporosis
- Underweight (BMI < 18.5)
- Orthopedic
 - Inability to bear weight
 - Knee contractures
 - Fracture within 6 months (esp >50yo)
- Neurologic
 - Numbness/tingling in legs
 - Weakness in legs
 - Bowel or bladder concerns
 - Hx stroke or hemorrhage

What's in the kit

For Chronic Program

- 1 Tablet computer
- 2 2-3 Wearable sensors
- 3 Tablet charger
- 4 Kit case
- 5 Tablet stand
- 6 Y-Cable sensor charger



Q&A