



Relieve joint and muscle pain with personalized exercise therapy at no additional cost to you.

- Virtual sessions anytime, anywhere
- Unlimited one-on-one health coaching
- Motion tracking technology for instant form correction

HealthSelect of Texas® medical plan participants who are age 18 and older and living in the U.S., including those enrolled in Consumer Directed HealthSelectSM or Medicare, are eligible to enroll.

Scan the QR code to learn more.



Hinge Health is an independent company that has contracted with Blue Cross and Blue Shield of Texas to provide an online musculoskeletal program for members with coverage through BCBSTX.

Blue Cross and Blue Shield of Texas is the third-party administrator for HealthSelect of Texas® and Consumer Directed HealthSelectSM.

Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

