



Personalized joint and muscle pain care that gets you moving

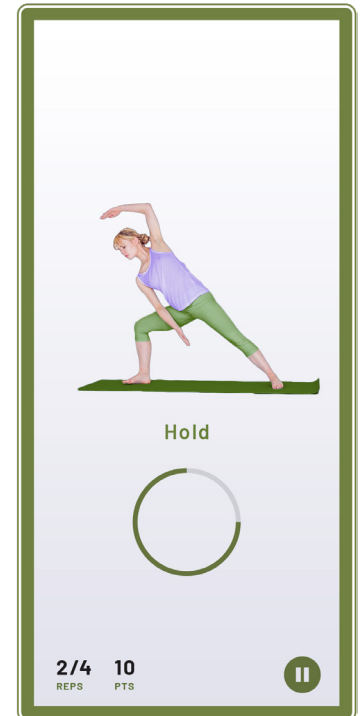
Relieve joint and muscle pain with personalized exercise therapy at no additional cost to you. On average, participants reduce their pain by 68%.¹

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

Your covered dependents may be eligible, too!



To learn more, scan the QR code or visit
hinge.health/healthselect



Hinge Health esta disponible en español

Alivia los dolores articulares y musculares y previene las lesiones con tus beneficios de salud gratuitos. Unete ahora.

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 HealthSelectSM Secondary, administered by BCBSTX, are eligible to enroll in the Hinge Health program.

¹After 12 weeks, in a study of chronic knee and back program participants. Bailey JF, et al. Digital Care for Chronic Musculoskeletal Pain: 10,000 Participant Longitudinal Cohort Study. J Med Internet Res 2020;22(5):e18250.

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

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

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