



BlueCross BlueShield
of New Mexico



LUMINARE HEALTHSM

Hinge Health offers personalized care for Chronic Back and Joint Pain

Digital Musculoskeletal Program

As part of our Clinical Health Solutions, Blue Cross and Blue Shield of New Mexico is providing the Hinge Health digital musculoskeletal program led by physical therapists and health coaches at no extra cost to members. This personalized remote care can be done in the comfort of the member's home.



Musculoskeletal Management Solution

Hinge Health is a digital health company providing a musculoskeletal program that turns established, proven, non-surgical care guidelines into a coach- and physical-therapist-led program delivered remotely using mobile and computer-guided technology.

The chronic care pathway for back, hip, knee, shoulder and neck pain includes a 12-week core program and ongoing access to:

- A dedicated care team with a physical therapist who designs the member's custom care plan, and a health coach to support program adherence
- Personalized, science-based education curriculum
- Technology-guided exercise therapy that improves strength and mobility with real-time feedback and tracking

For Clients

To support the program:

- Reports available at 6 and 12 weeks including recruitment and enrollment summary, member engagement and outcomes
- Seamless integration into your health plan, including program marketing and enrollment by Hinge Health

Hinge Health will receive a weekly file of eligible members. Because chronic musculoskeletal conditions are not always identifiable through a claims screen, BCBSNM provides Hinge Health with the entire membership eligibility. On enrollment, members complete a brief health assessment to determine full eligibility for the program.

Annual access for all care pathways at no additional cost