



BlueCross BlueShield
of New Mexico



Hinge Health offers personalized care for MSK Clinic

Digital Musculoskeletal Program for Clinical Health Solutions

As part of our Clinical Health Solutions, Blue Cross and Blue Shield of New Mexico is providing the Hinge Health digital musculoskeletal clinic 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 own home.



Musculoskeletal Clinic Solution

Hinge Health is a digital health company providing a musculoskeletal clinic 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 Hinge Health MSK Clinic combines:

- **Prevention:** Software-only program with access to job-specific exercises and education to learn healthy habits and prevent injury
- **Chronic:** Enhanced flagship program that include a 12-week intensive phase and annual access to technology guided exercise therapy, physical therapy video visits, one-on-one health coaching and personalized education
- **Acute:** Customized exercise therapy with access to one-on-one physical therapy video visits for one year; and physician's opinion before members commit to elective MSK surgery
- **Surgical Rehab:** One month prior to surgery and three months after surgery that includes exercise therapy, video visits and health coaching
- **Expert Medical Opinion:** Free access to an expert physician

For Clients

To support the program:

- Reports available at six 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

Annual access for all care pathways at no additional cost

Luminare Health is a separate company that has contracted with Blue Cross and Blue Shield of New Mexico to administer some products and services under the Alternative Delivery Model. 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, member completes a brief health assessment to determine full eligibility for the program. Hinge Health is an independent company that has contracted with Blue Cross and Blue Shield of New Mexico to provide an online musculoskeletal program for members with coverage through BCBSNM. BCBSNM makes no endorsement, representations or warranties regarding third-party vendors and the products and services offered by them.