

Digital Physical Therapy and MSK Clinic

As part of our Luminare Health Clinical Health Solutions, members can access the Hinge Health's digital musculoskeletal clinic program at no additional cost. This program delivers personalized, remote care led by physical therapists and health coaches in the comfort of the member's own home.

About Hinge Health

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 includes 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 unnecessary elective MSK surgery

Surgical Rehab: One month prior to surgery and three months after surgery that includes technology guided exercise therapy, physical therapy video visits and one-on-one health coaching

Expert Medical Opinion: Free access to an expert physician

Program Support for Clients

- Reports available at 6 and 12 weeks including a 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**

Hinge Health is an independent company that has contracted with Luminare Health Benefits, Inc. to provide the Hinge Health program for members of self-funded medical benefit plans administered by Luminare Health Benefits, Inc. (Luminare Health). Luminare Health make no endorsements, representations or warranties regarding third-party vendors and their products and services offered by them.



To learn more, contact your client manager or sales executive.