



On average, participants  
reduce their pain as much as  
**86%<sup>1</sup>**

## Overcome Back and Joint Pain

As a member of Blue Cross and Blue Shield of Montana, you have access to personalized care through Hinge Health<sup>SM</sup> for your back, knee, hip, shoulder, or neck. With the help of a personal coach and physical therapist, you'll get personalized exercise therapy and feedback through the Hinge Health app. Your tailored treatment plan can help you reduce pain or recover from a past injury without drugs or surgery.

Best of all, this benefit is **100% covered** by your plan for you and your eligible family members.

### Sign up today and receive:



#### A personalized program

Get unlimited exercises and stretches developed for you by physical therapists. Reduce your pain with a plan that's personalized for your needs, goals, and ability.



#### A dedicated physical therapist, coach, and more

Get guidance from your physical therapist to improve your mobility. Stick to your goals with support from your health coach. Connect via text, email, phone call, or video chat.



#### Convenient exercise sessions

With the app, you can do your exercise therapy anytime, anywhere. Plus, your exercises are designed so they can be done in about 15 minutes or less.

1. Participants with chronic knee and back pain after 12 weeks. Bailey, et al. Digital Care for Chronic Musculoskeletal Pain: 10,000 Participant Longitudinal Cohort Study. JMIR. (2020). Hinge Health is an independent company that has contracted with Blue Cross and Blue Shield of Montana to provide an online musculoskeletal program for members with coverage through BCBSMT.

BCBSMT makes no endorsement, representations or warranties regarding third-party vendors and the products and services offered by them.



## How To Get Started

You must initially get started using a web browser, not the smartphone app.

**Visit your member portal at [myBlueElementMT.com](https://myBlueElementMT.com)**

1. Login to your account
  - To register, click the **Create My Account** button under the **Participant** section.
  - Enter your information on the screens that follow to register. You can find your Member ID number on your ID card. You can also use your SSN.
2. Once registered, click the **Hinge Health** link via the myBlueElement portal to complete the questionnaire on the Hinge Health site.
3. Once questionnaire is completed, you can then download the Hinge Health app, login, and onboard.