

\$0
cost to you

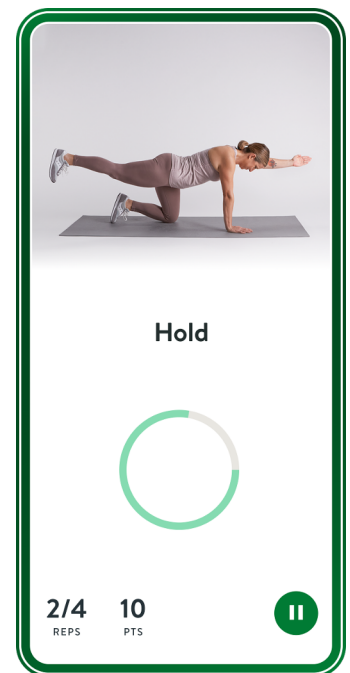


Personalized pain care that gets you moving

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

- Virtual sessions anytime, anywhere
- Unlimited 1-on-1 health coaching
- Motion-tracking technology for instant form correction

Your family may be eligible, too!



To learn more and apply, scan the QR code or visit hinge.health/nidec

Questions? Call (855) 902-2777

Participants must be 18+ and enrolled in a BCBSAL medical plan through Nidec and meet the clinical criteria.

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.