



What Hinge Health can do for you



Agenda

- 01 What is Hinge Health
- 02 Program Highlights
- 03 Meet your Care Team
- 04 Who we've helped
- 05 Next steps



What is Hinge Health

© Hinge Health Confidential





Gabriel Mecklenburg
Co-founder & Executive Chairman

Daniel Pérez
Co-founder & CEO

Brief history of why we are here

Dan and Gabe both have histories of MSK injuries.

Both underwent surgery and completed 12 months of physical rehabilitation. Their experiences left a lot to be desired.

Transforming the way pain is treated

Introducing Hinge Health: Revolutionizing pain management

Hinge Health was created to break the barriers of traditional PT



Traditional PT

Limited exercise sessions

Limited care team contact

Commute

Waiting rooms

Co-pays/deductibles

Restricted treatment options

1 hour exercise sessions



Hinge Health

Work up to three body areas at the same time

Unlimited messaging access with your care team

Can be done anywhere

On demand exercises

No cost to you

Healthcare professionals dictate your treatment, not your insurance company

10-15 min exercise sessions

Who we help

Help when you need it

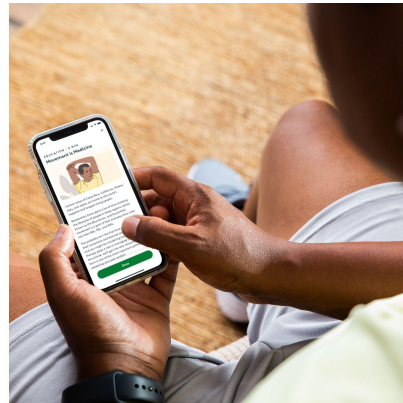
No two journeys are the same



Care for a recent or
past injury



Care for ongoing
muscle and joint pain



Education articles on a
variety of topics



Desire for building
healthy habits

Program highlights

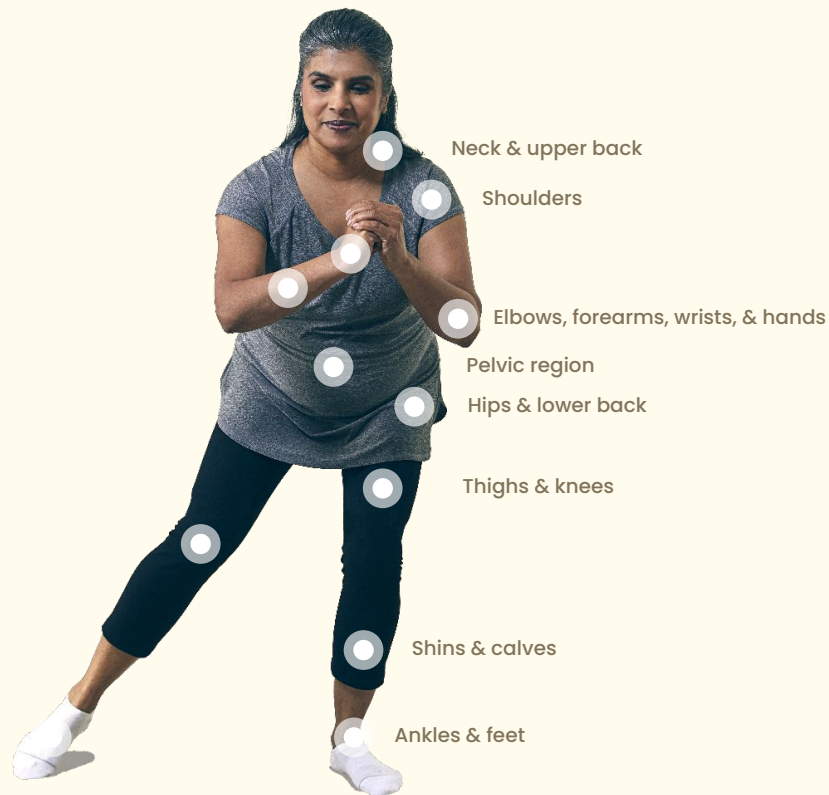




Care for everybody and every body part

The Program

- Designed with evidence-based guidelines
- Informed by recent literature and research
- Care for nearly all body parts, from neck to foot



Exercise therapy

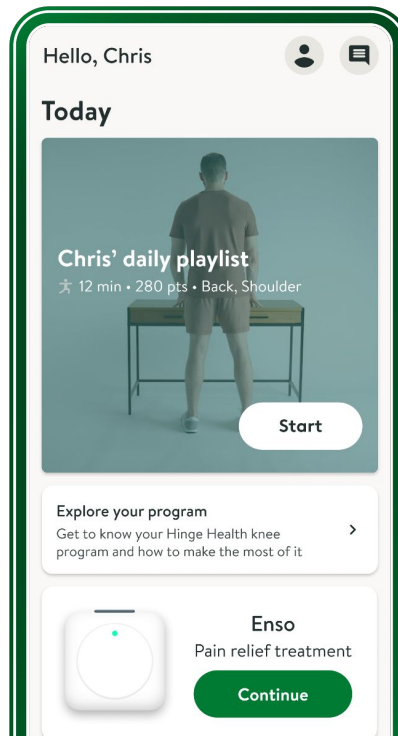
Exercise therapy is a type of physical activity that's tailored to your unique needs, with a goal of reducing pain and improving function.



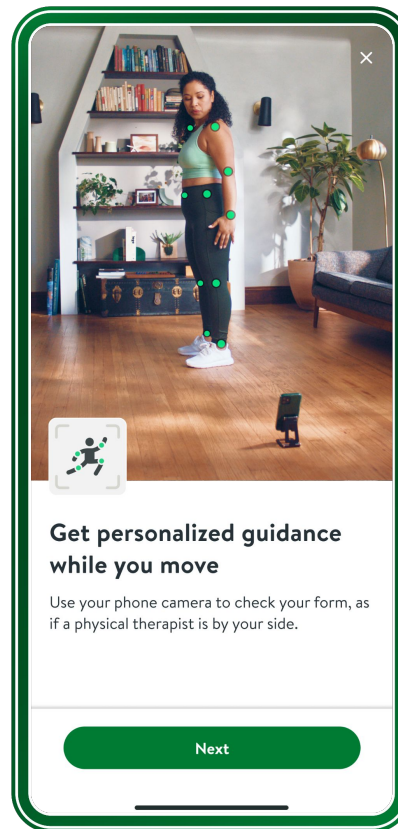
Technology highlights

We combine technology with one on one care to deliver a comprehensive and personalized experience

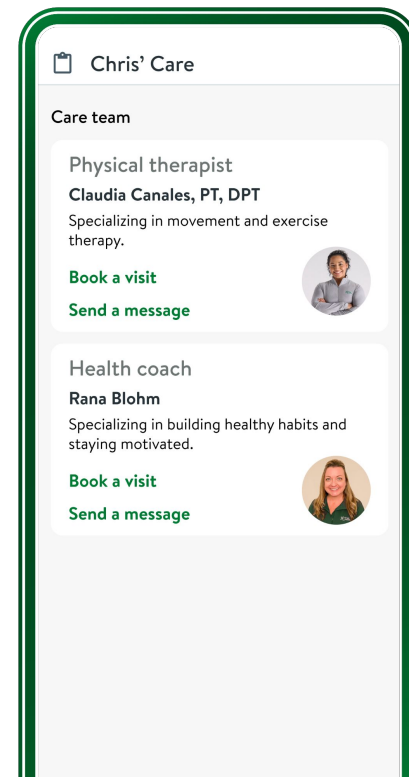
Easy access through one app



Guided exercises with motion tracking



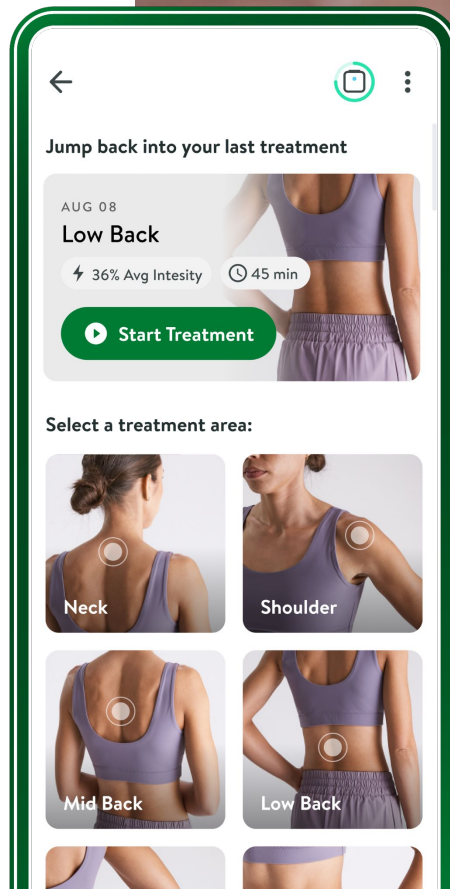
PT-led expert care team



Meet Enso

FDA-cleared wearable device that treats mild to intense joint and muscle pain

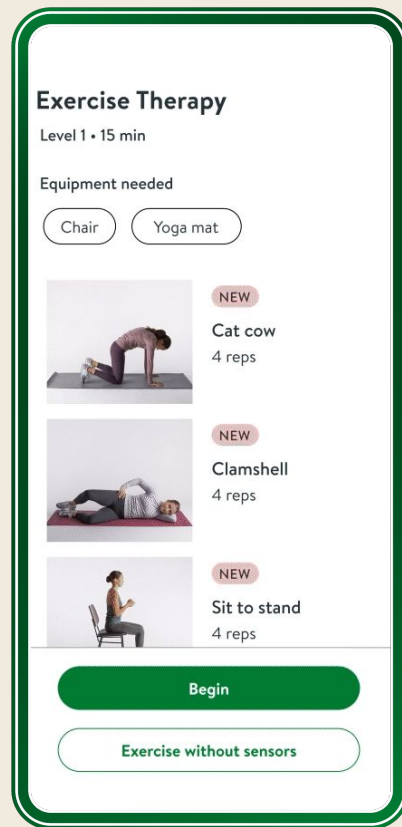
- Non-addictive pain relief
- Non-invasive
- Works quickly



Women's Pelvic Health

Supporting women with pelvic disorders at all stages of life, pregnancy, postpartum and menopause

- + **Care for the unique MSK needs of women** across the entire continuum of pelvic floor disorders
- + **Single platform for care** addresses and coordinates care for pelvic health and common co-occurring MSK conditions
- + **Complete care team** includes urogynecologists, women's health coaches and Pelvic Floor PTs for highly specialized care
- + **Pelvic health education** drives awareness and tackles stigma so members get the care they need



Movement-based menopause care for those with MSK and pelvic health conditions



Expert guidance

PT-led care teams specialize in menopause, pelvic health, and MSK care



Movement-based symptom management

Exercise therapy reduces the frequency and intensity of MSK, pelvic health, and menopause symptoms



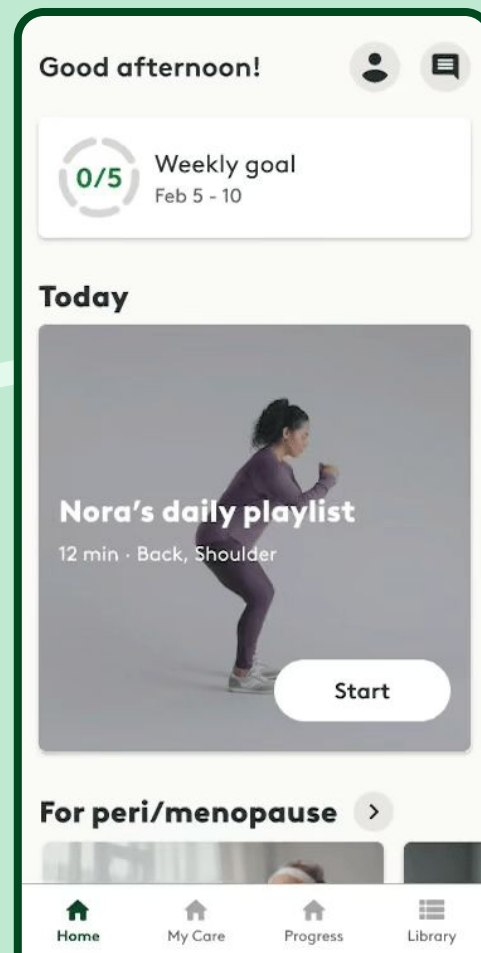
Lifestyle and behavior change strategies

Alleviate vasomotor symptoms, ease joint pain, improve sleep quality, and lower stress

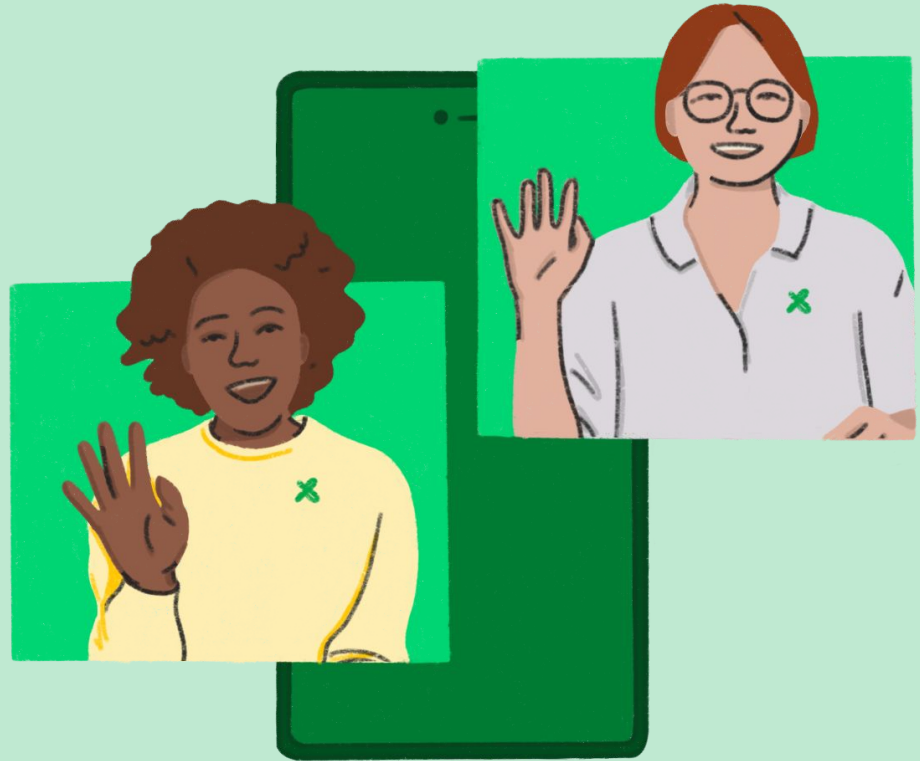


Education and access to in-network care

Enables informed care decisions and access to in-network providers

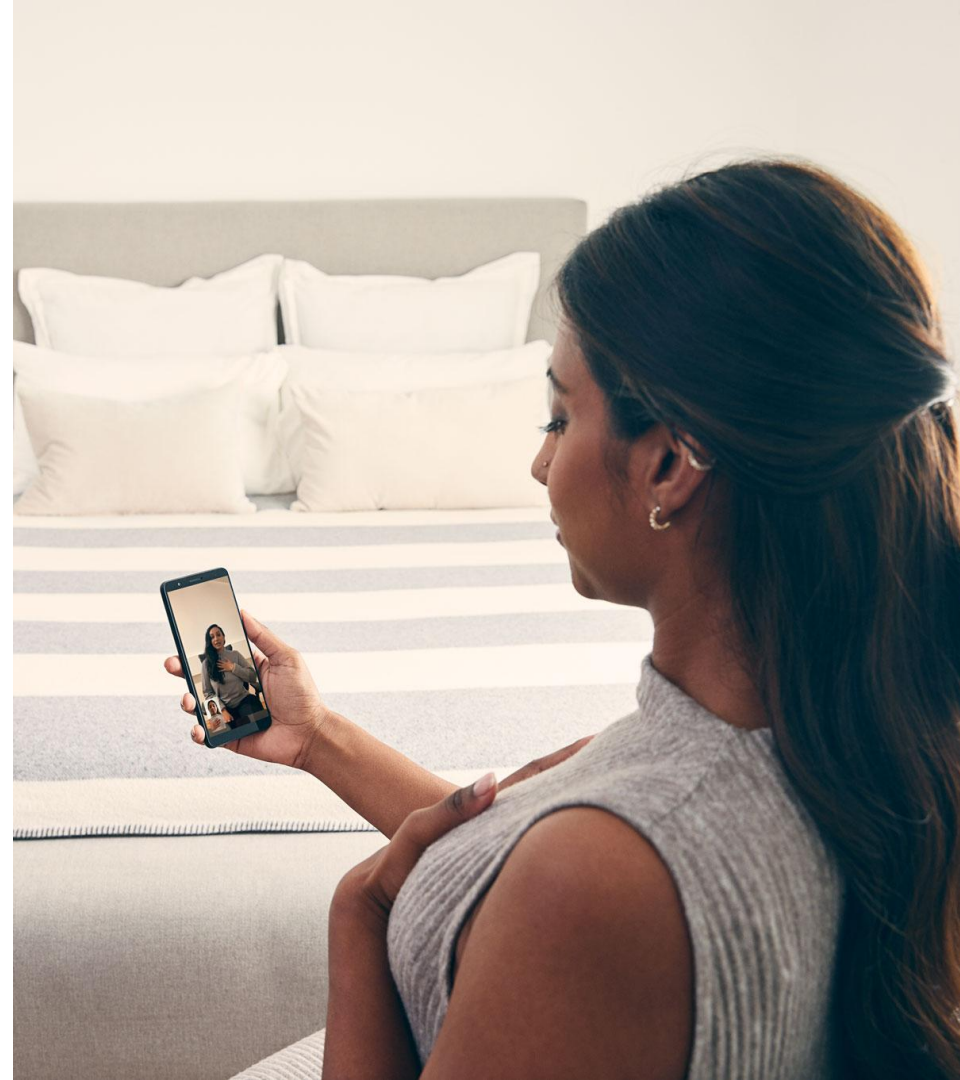


Your care team



Hinge Health Physical Therapists

- Lead the Care Team
- One will work with you throughout your entire program
- Can make changes to your program as needed
- No cost access to message DPT via In-App-Messaging/video visits - “My Care” Tab



Health coaches

- Work Side-by-Side with your PT
- Offers accountability and can help answer questions about the entire program
- They help you create a steady goal to create good habits through behavior change coaching



Who we've helped





Take control of pain. Reduce anxiety.

68% reduction in pain



58% reduction in feelings of anxiety and depression



*After 12 weeks. In a study of chronic knee and back pain 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)

My Hinge Health Story

20 years of back pain

- I used to teach intense fitness classes 4-5 days a week even with back pain
- After 10 years the pain became so intense I could only teach gentle senior water aerobics classes.
- I tried in person physical therapy over 6 times, chiropractic care over 5 different times and even got several injections in my back by a pain specialist
- I was told I would need back surgery
- 3 years ago I did the HH back program and not only do I no longer suffer from back pain but I can hike, lift heavy weights and I am even back to teach intense fitness classes.



My Hinge Health Story

3 kiddos later...

- I've always been active and try to be as healthy as I can
- After having 3 children, doing the best I can to still try and prioritize my health, I was always second or third or fourth :)
- I started using Hinge Health this year consistently - even me- good intentions, but never seemed to be able to prioritize
- I am happy to say, I've been using it 5-7x/week for the past 2 months, and I love it and it's made a positive impact!



Next Steps





Exercise therapy. Without leaving home.

Annual enrollment is here. Join today.

Reduce your joint or muscle pain in just 15 minutes a day.
So you can get back to doing the things you love.



Scan the QR code to join now or visit:
hinge.health/for-individuals

Eligibility: Employees and eligible dependents must be 18+ and enrolled in a medical plan through their employer.



Thank you