

# What is Hinge Health?

## How does the program work?

Hinge Health provides personalized care plans to help people recover from pain, discomfort, and injuries related to muscle and joint health **at no cost to you**.

## How does Hinge Health help?

They assess your condition and match you to a care team to help personalize your treatment to you.

## Who is in my care team?

Depending on your treatment plan, your care team could include a physical therapist and a health coach. You will keep the same care team throughout your experience.

## What could be included in my treatment plan?

1. **Access to the Hinge Health app** with guided exercise therapy
2. **Virtual visits** with members of your care team
3. **Wearable sensors** to assist in guiding exercise therapy

## How much does the program cost?

It's offered **at no cost to you**. This includes access to your care team, the Hinge Health app, and any materials that we send to assist in your care.

## Who is eligible?

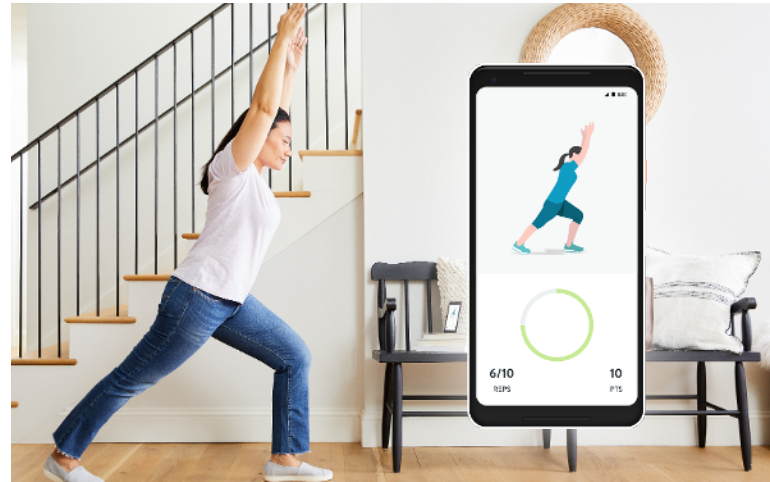
Members and dependents 18+ enrolled in Windstream's benefit plan are eligible.

## How do I apply?

Take a short online survey following the link below, telling us about your pain. No referral or diagnosis needed from a doctor.

Participants must be 18+ and enrolled in Windstream's benefit plan. Express Scripts and the E Logo are trademarks of Express Scripts Strategic Development, Inc.

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### Exercise therapy made easy

Follow along in the app for simple, 10-minute exercise therapy sessions.



### Treatment from your care team

Get help overcoming pain and discomfort, recovering from an injury, and more!

To learn more call (855) 902-2777, or apply at:  
**HINGEHEALTH.COM/WINDSTREAM**