

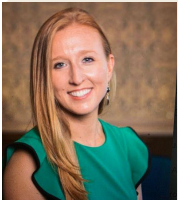


Hinge Health

Digital exercise therapy for pain relief

Welcome!

Who you'll hear from today



Kelly Jameson
Client Success Manager

- 01 Find your fifteen
- 02 What is Hinge Health?
- 03 Who we help
- 04 Transforming lives
- 05 How do I apply?
- 06 FAQs

Find your fifteen

FIND YOUR FIFTEEN

Improving your ergonomic setup while working from home



Sitting in a chair

Place feet flat on the floor and leave space between the chair and your knees to support the lower back.



Chair back support

Place a rolled towel or pillow at the lower back to provide support.



Wrist position

Position the keyboard so the wrists are in a neutral position while typing.



Preventing joint stiffness

Work from both standing and sitting positions. Change positions throughout the day.

What is Hinge Health?

What is Hinge Health?

A digital exercise therapy program to help you overcome joint and muscle pain



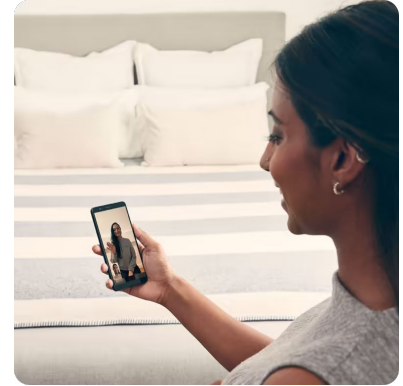
Personalized program

Unlimited exercise and stretch plan, developed by physical therapists that meets your needs, goals and ability.



Convenient sessions

With the Hinge Health app, you can do your exercise therapy anytime, anywhere, in 15-minutes or less!



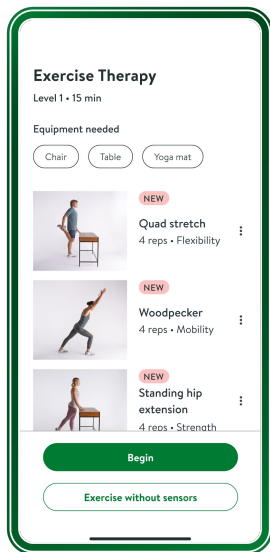
1-on-1 Support

Your care team includes a qualified health coach and physical therapist. Connect via text, email, phone, or video to ask questions and set goals.

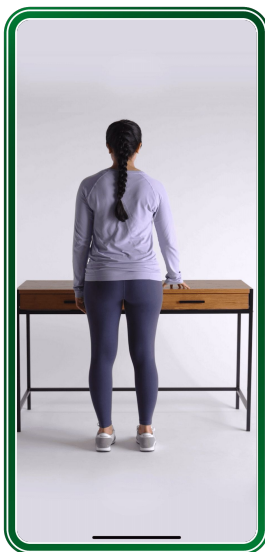
What is Hinge Health?

15-Minute routines delivered on your device

Holistic care plans rehab targeted body parts and maintains activity levels



Targeted exercises
Build strength, flexibility, balance in the impacted body part



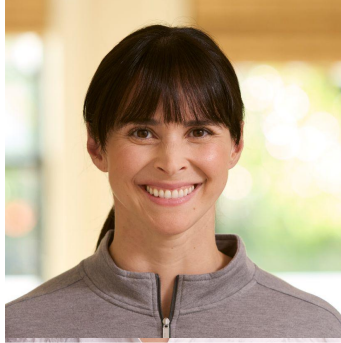
Full body functional movements
Achieve functional goals



What is Hinge Health?

1-on-1 support from your care team

Care is also available in Spanish and Canadian-French



Licensed doctors of physical therapy

Focuses on physical
recovery



Health coaches

Focuses on behavioral
change



Physicians and orthopedic surgeons

Focuses on clinical
approach and
program design

Who we help

Who we help

No matter where you have pain, we've got you covered

MSK care for every body. And every body part.



Who we help

People at every stage of their journey



**Care for a recent
or past injury**



**Prepping for an
upcoming surgery**



**Recovering
from surgery**

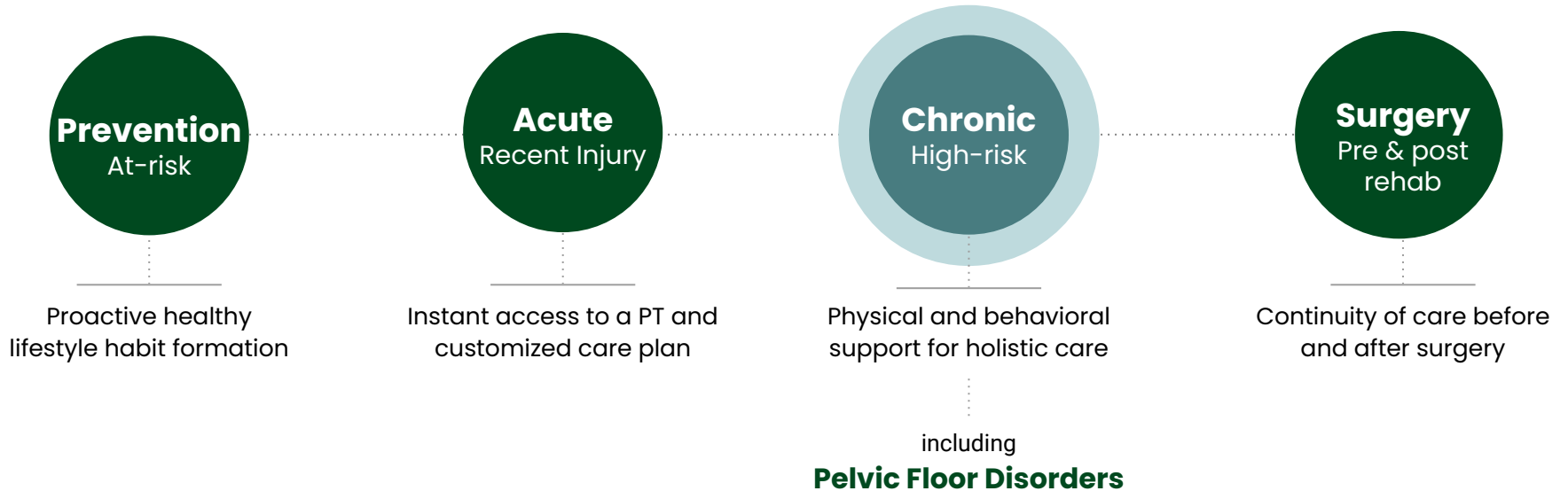


**Desire for building
healthy habits**

Who we help

Comprehensive Digital MSK Care

A single solution delivers care for everybody and every body part



Who we help

Pelvic Floor Disorders are MSK conditions

Pelvic Floor Disorders can occur at any age, but are most common during pregnancy, postpartum, and menopause

Symptoms/conditions associated with pelvic floor disorders:

- Urinary incontinence
- Bladder & bowel disorders
- Pelvic organ prolapse
- Pelvic pain
- Diastasis recti
- Sexual dysfunction



Can we help you feel better?

Ask yourself:

- 1 How is my joint & muscle pain affecting my mood and quality of sleep?
- 2 What factors or circumstances in my life might be contributing to my pain?
- 3 How much will my treatment cost? (doctor visits, imaging, medications, etc.)

As a covered benefit through Parsons Hinge Health is...

Enrollment opens January 1, 2024!

Who is eligible?

Employees and dependents 18+ enrolled in an Anthem medical plan through Parsons.



Who we help

Join the Waitlist TODAY!



Join Waitlist →

New members get a complimentary yoga mat!* [Join Today.](#)

* for members enrolled in our chronic program.

Exercise therapy. Without leaving home.

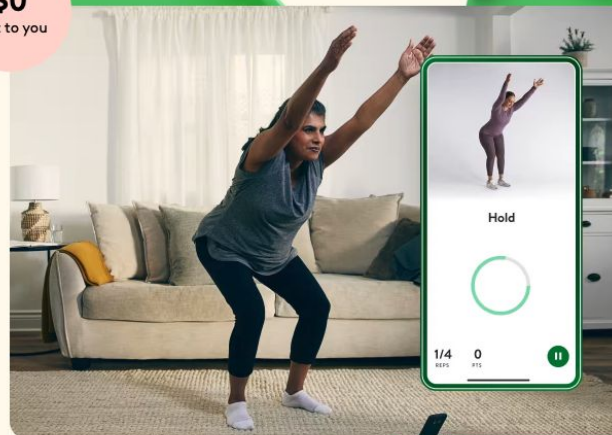
No copays. No office visits. Reduce your back and joint pain in just 15 minutes a day. So you can take the stairs, go hiking, run errands - and everything in between.

Join Waitlist →

400,000+ members have used Hinge Health to reduce their pain!

\$0

cost to you



Transforming lives

“I woke up with less aching and stiffness! I did my grocery shopping this morning and didn't have to depend on the cart as much. I was also able to run two small errands before I got home. I can usually only do one thing or a couple of simple tasks in a day. This is a really big deal for me!”

- Hinge Health member and media employee



“I love having an exercise routine. It improves my attitude in addition to my physical well being. And I love being able to physically keep up with my grandson. That is priceless.”

- Hinge Health member and telecommunications employee



Transforming lives

Clinical studies show the impact

- ↓ **69%** pain reduction
- ↓ **58%** depression & anxiety reduction
- ★★☆ **2 of 3 surgeries** avoided

Outcomes validated by researchers at **Stanford, University of California SF, Vanderbilt** and top consultants.

Source: ¹Smittenaar (2017). JRAT 6 Month Outcomes, ²Mecklenburg (2018). JMIR Randomized Control Trial, ³Bailey (2019) Nature. Randomized Controlled Trial, ⁴Bailey (2020). JMIR. 10,000 Participant Longitudinal Cohort Study



How do I apply?

WHAT TO EXPECT

Application process

1. Apply

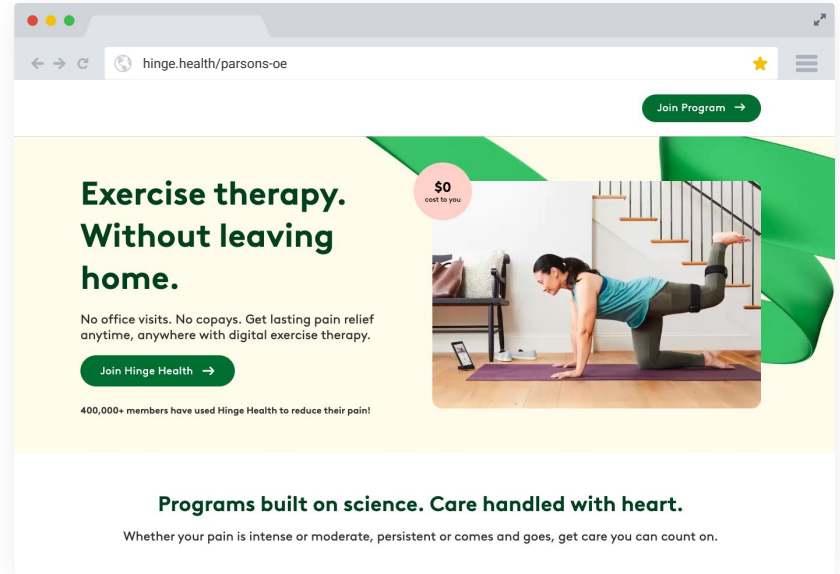
- Visit hinge.health/parsons-oe
- Fill out questionnaire
- Expect a follow-up email within 24-48 hours

2. Program Acceptance

- Receive welcome message from your care team
- If you need items with your treatment plan, you will receive them within 1-2 weeks

3. Begin Program

- Login to the app and begin the Hinge Health program
- Set up an initial call with a member of your care team



FAQs

FAQs

Question	Answer
How do I enroll?	You can sign up at hinge.health/parsons-oe
How much does the program cost?	Provided at no cost for all employees and dependents 18+ enrolled in an Anthem plan through Parsons
Can I join the program if I don't have any pain?	Yes, we have a prevention program for participants who aren't currently suffering from any pain. The program includes a customized exercise plan.
What is a health coach and how can they help me?	In some of our programs, you will receive 1:1 health coaching. A health coach is an accountability partner. They will work 1:1 with you throughout the program to help you create and stick with your goals. You will have a monthly call with them and they will check-in with you each week.
Can I do more than one program at the same time?	Participants are unable to do multiple programs simultaneously. We recommend selecting the part of the body you would like to work on first. Once you complete the first 12-weeks, we will be happy to have you on another program.
What if my doctor has told me that I can't do specific movements?	The program is designed to meet you where you are, we provide modifications and education on how to pace yourself during your activities so you can succeed.

Feel free to reach out to us at hello@hingehealth.com or to call **(855) 902-2777** if you have additional questions.

Q&A

Enroll today!

Visit us at
hinge.health/parsons-oe

Enrollment opens January 1, 2024!

Who is eligible?

Employees and dependents 18+ enrolled in an Anthem medical plan through Parsons.



The background is a vibrant green with a smooth, flowing, curved shape that resembles a stylized wave or a modern architectural element. The shape starts from the left edge and curves upwards and then downwards towards the right. The lighting is soft, creating subtle gradients and highlights that give the shape a three-dimensional appearance.

Thank you