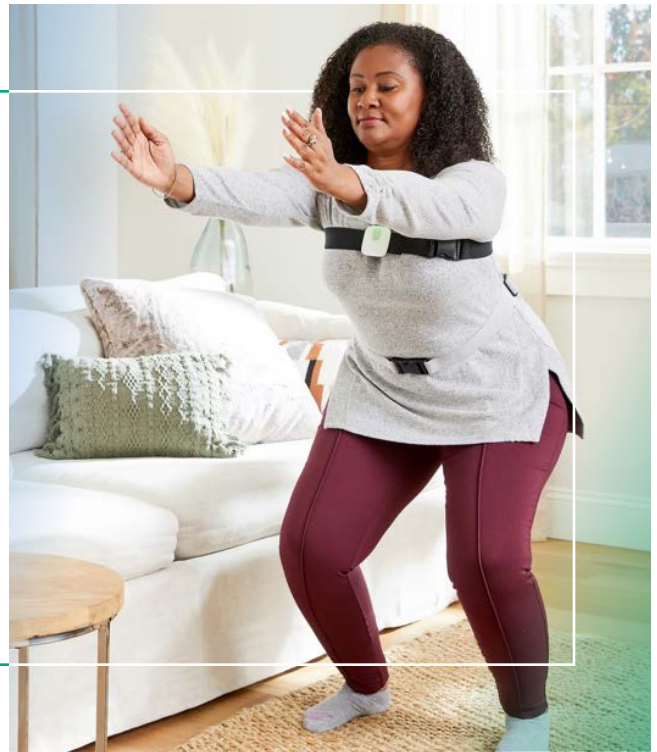


# A Better Way to Beat Back & Joint Pain



As part of your benefits, we work with a company called Hinge Health to help relieve back and joint pain without surgery or potentially addictive medications.

Hinge's Digital Musculoskeletal (MSK) Clinic™ is a program offered at no cost to you that includes app-based physical therapy, guidance from doctors, physical therapists and health coaches and a wearable pain relief device. Depending on what's right for you, you may also get 1-on-1 video consultations and a personalized exercise therapy plan. You can even get expert opinions from specialists to find out whether surgery might be right for you.

Care options include:

- › Preventive care
- › Acute pain care
- › Chronic pain care
- › Pre- and post-op care



## Getting Started

The first step toward relief is taking an online assessment so Hinge can match you to the therapy that's best for you. Log in to your **bcbst.com** account, go to **Managing Your Health** and choose **Back and Joint Care**.

