Hinge Health™

What Hinge Health can do for you

Douglas County School District



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Agenda

01 What is Hinge Health

02 Program highlights

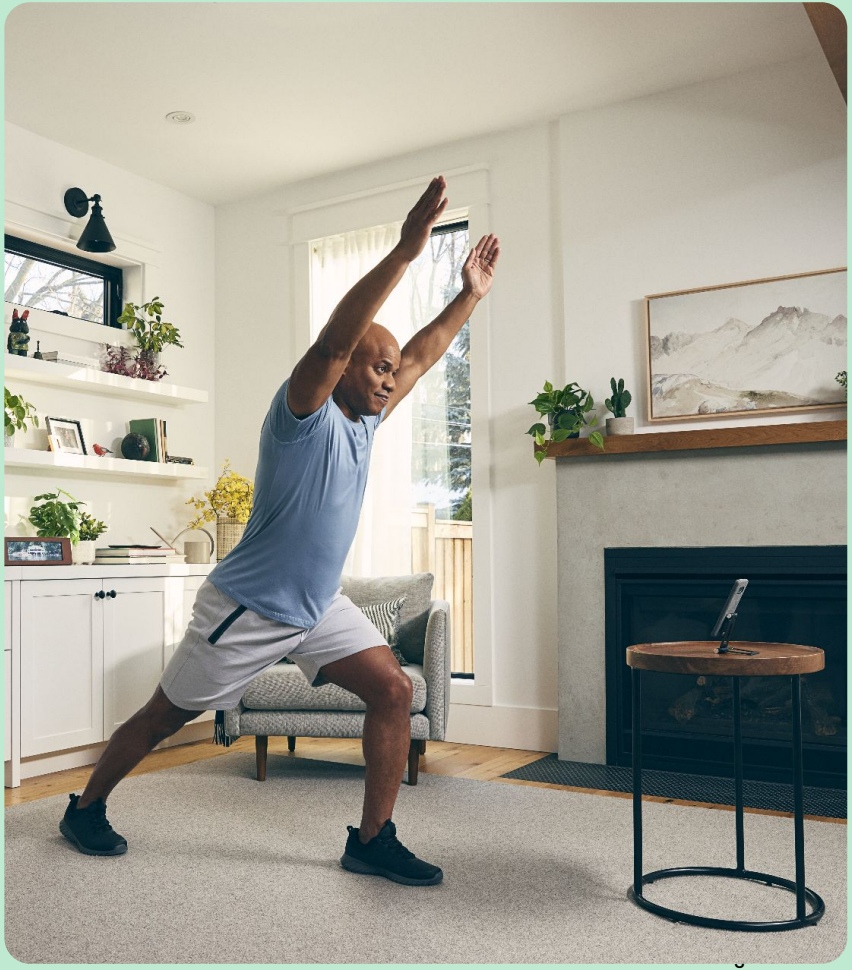
03 Meet your care team

04 Who we've helped

05 Next steps



What is Hinge Health



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Brief history of why we are here

Dan and Gabe both have histories of MSK injuries. Dan broke several bones in a bike accident, and Gabe tore his ACL during a judo sparring match.

Both underwent surgery and completed 12 months of physical rehabilitation. The frustration they felt throughout their recovery is what inspired them to start Hinge Health.

Transforming the way pain is treated

Introducing Hinge Health: Revolutionizing pain management

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Hinge Health was created to break the barriers of traditional PT





Traditional PT	Hinge Health
Limited exercise sessions	1 year access to your program
Limited care team contact	Unlimited messaging access with your care team
Commute	Can be done anywhere
Waiting rooms	On demand exercises
Co-pays/deductibles	No cost to you
Restricted treatment options	Healthcare professionals dictate your treatment, not your insurance company
1 hour exercise sessions	10-15 min exercise sessions

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Help when you need it

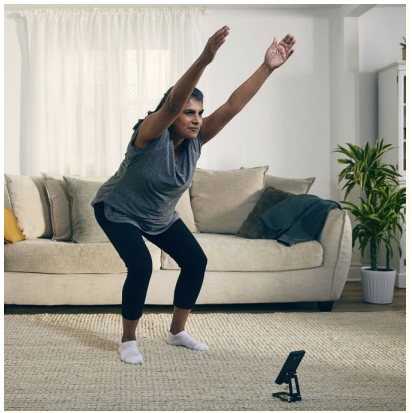
No two journeys are the same



Care for a recent or past injury



Care for ongoing muscle and joint pain



Preparing for and recovering from surgery



Desire for building healthy habits

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Program highlights



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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.

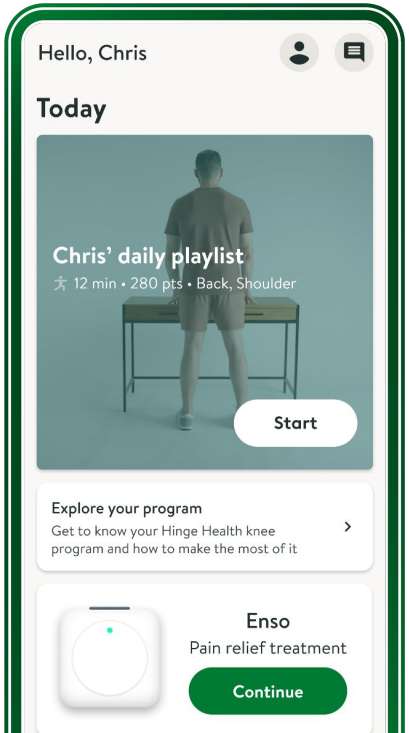


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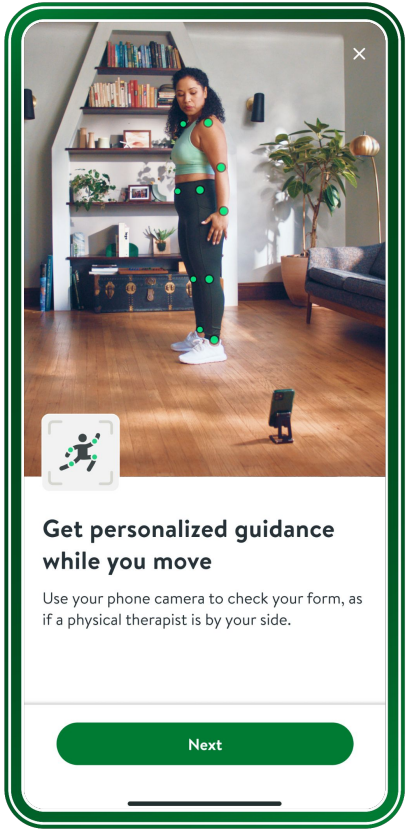
Technology highlights

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

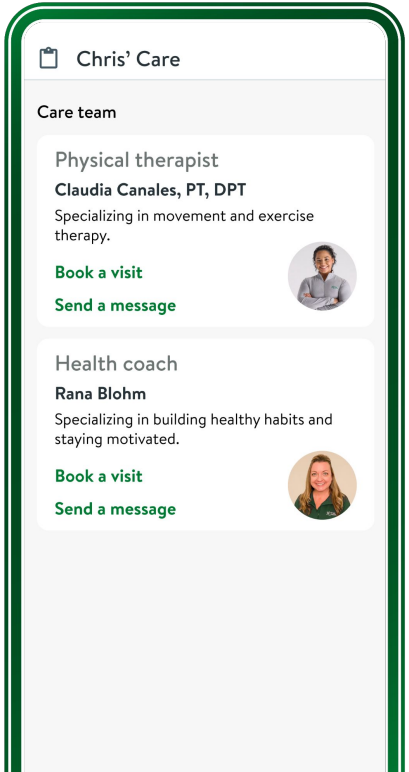
Easy access through one app



Guided exercises with motion tracking



PT-led expert care team

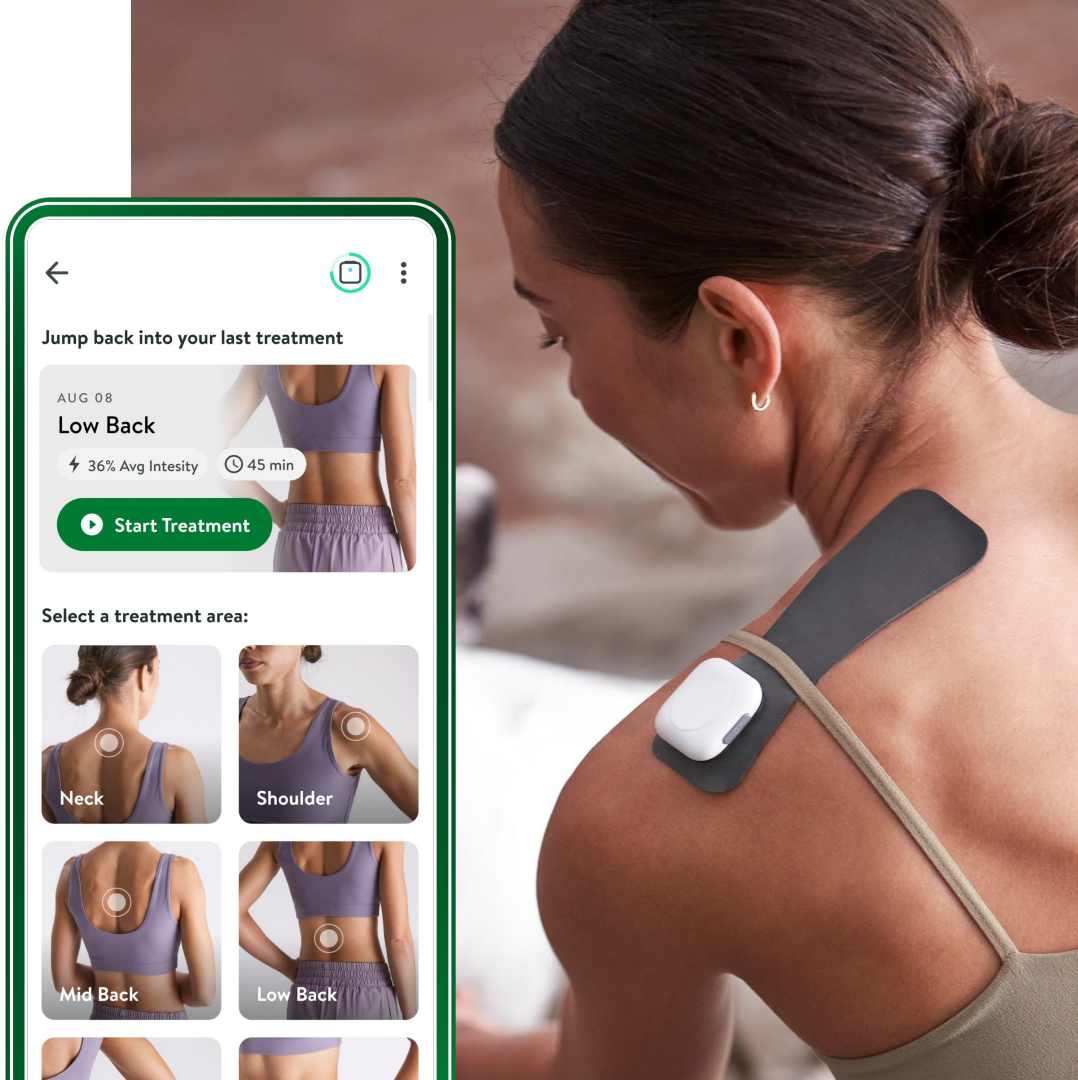


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Meet Enso

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

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



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Care for everybody and every body part

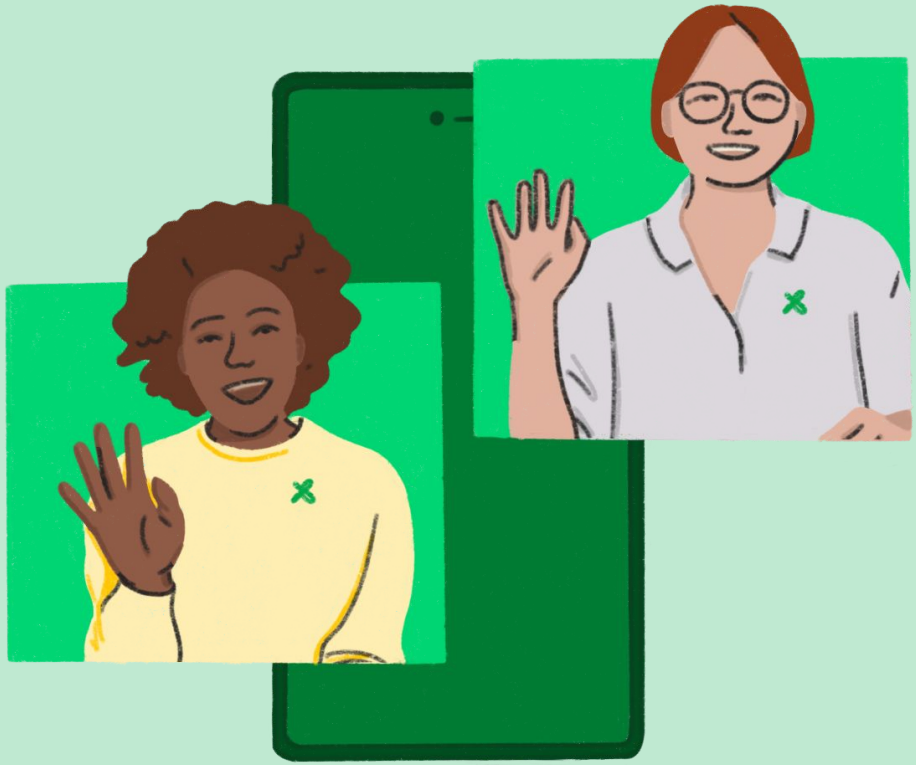
The Program

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



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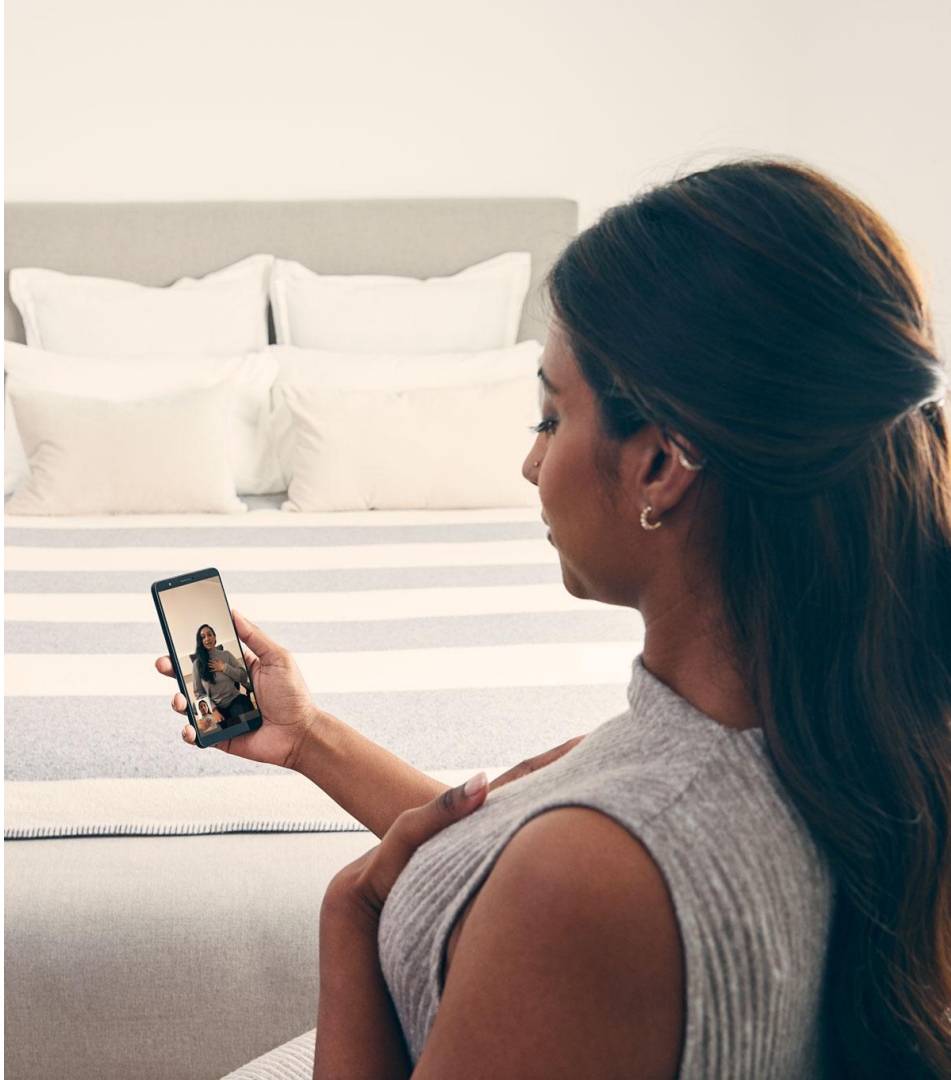
Your care team



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Doctors in physical therapy (DPT)

- 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



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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



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Who we've helped



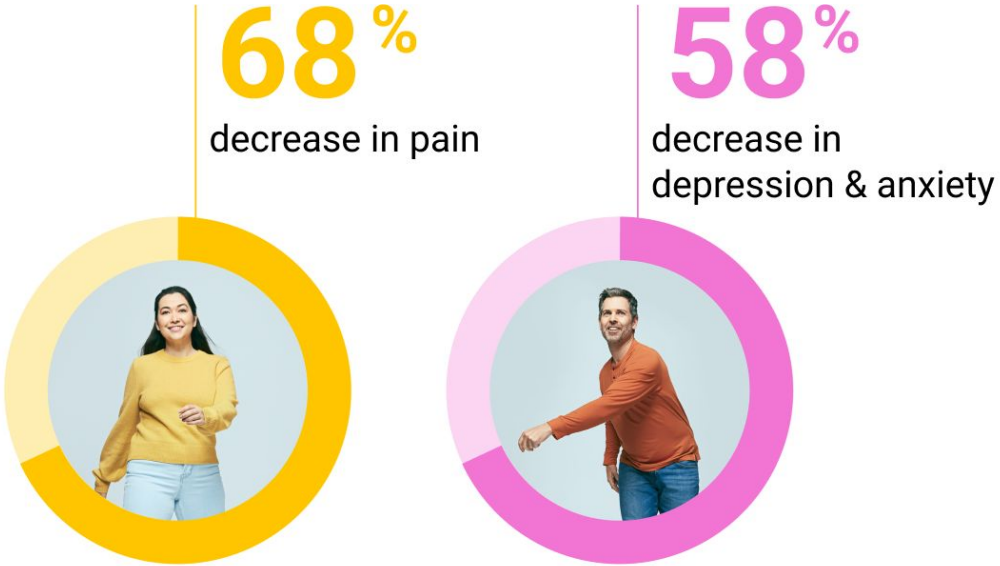




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Take control of pain.
Reduce anxiety.



*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)

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Next steps



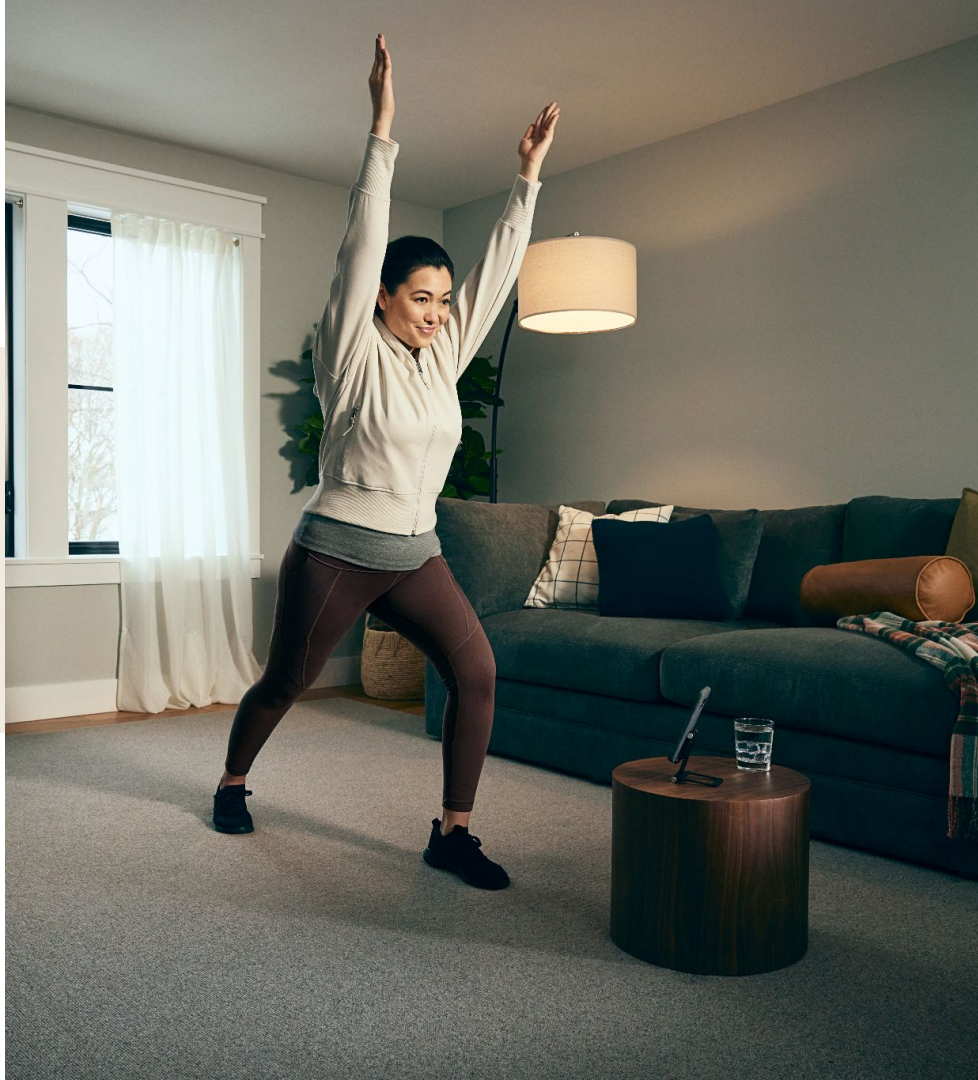
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Apply today by visiting

hinge.health/douglascountysd

Eligibility: Employees and dependents 18+ enrolled in a UnitedHealthcare medical plan through Douglas County School District are eligible.

Questions? Email hello@hingehealth.com or call (855) 902-2777.



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04

What to expect

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WHAT TO EXPECT

Application process

1. Apply

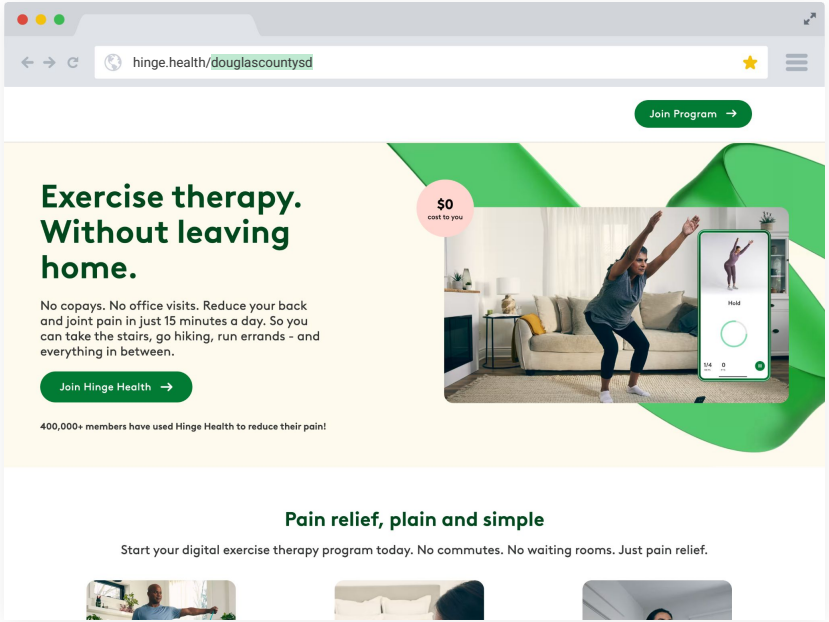
- Visit hinge.health/douglascountysd
- Fill out questionnaire
- Expect a follow-up email within 24-48 hours

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



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05

FAQs

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FAQs

Question	Answer
How do I enroll?	You can sign up at hinge.health/douglascountysd
How much does the program cost?	Provided at no cost for all employees, spouses, and dependents 18+ enrolled in the UnitedHealthcare medical plan through Douglas County School District
Can I join the program if I don't have any pain?	Yes, we have a Wellness 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.

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06

Q&A

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Thank you