

What is Hinge Health?

Is Hinge Health for me?

Whether a new injury or ongoing aches, Hinge Health is for anyone living with joint or muscle pain.

What does my program include?

- Unlimited access to your personalized exercises and stretches developed by physical therapists
- Convenient exercise sessions you can do anytime, anywhere with the Hinge Health app
- Dedicated 1-on-1 support from a physical therapist and qualified health coach

Who is in my care team?

Your care team includes a physical therapist and qualified health coach. You can connect with them via text, email, phone call, or video chat to ask questions, set goals, and more.

How much does the program cost?

Hinge Health is available to eligible employees at no additional cost.

Who is eligible?

Subscribers and dependents 18+ enrolled in a Blue Cross of Vermont medical plan through Vermont Education Health Initiative (VEHI) are eligible.

We provide members with personalized, expert-developed exercise therapy plans for lasting pain relief.

To learn more and apply, scan the QR code or visit hinge.health/vehi

Questions? Call (855) 902-2777



DISCLAIMER: Vermont Health Education Initiative (VEHI) provides the Hinge Health program through a direct contract with Hinge Health. Hinge Health is separate from your health plan.

