

HealthSelect^{of Texas}

CONSUMER DIRECTED
HealthSelect™



Moving beyond pain

Improving body, mind and
behavior through movement



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HealthSelect™



BlueCross BlueShield
of Texas

Today's agenda

1. Program overview
2. Participant experience
3. Participant referrals
4. FAQ

Program overview

Different participants need different care

No two MSK journeys are the same



Care for a recent or past injury



Prepping for an upcoming surgery



Recovering from surgery

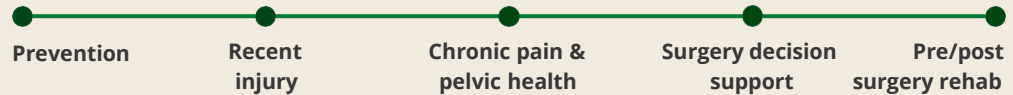


Desire for building healthy habits

We are transforming the way pain is treated

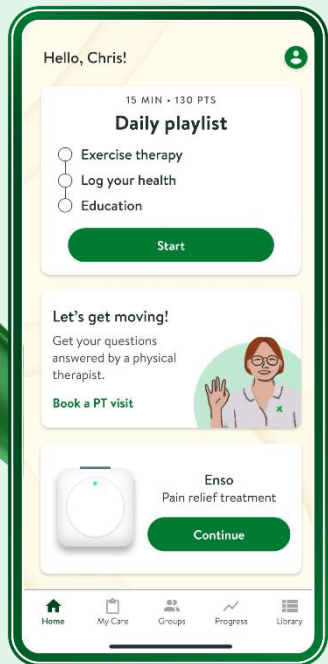


Comprehensive joint and muscle care for every body



Comprehensive joint and muscle care in one app

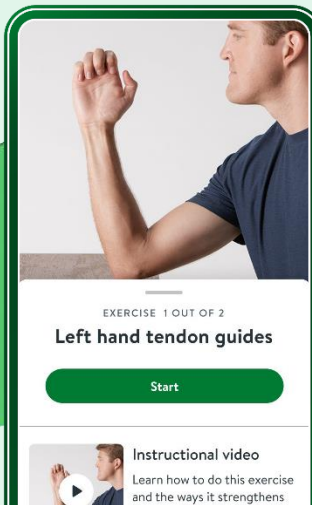
Schedule PT visit



PT video visit



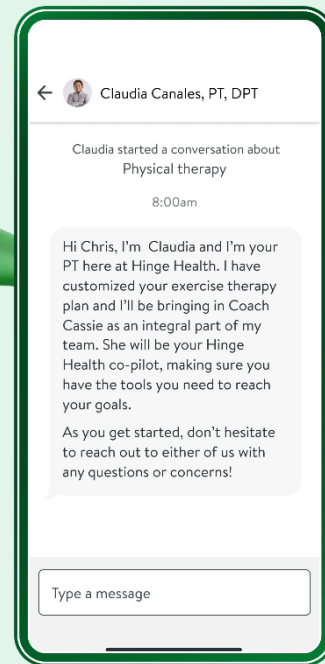
Exercise therapy



Health education



Clinical team communications



Participant experience

Engaging participants

Our 3 simple steps to enroll

1 Awareness

Multi-channel program

Personalized joint and muscle pain care that gets you moving

Relieve joint and muscle pain with personalized exercise therapy at no additional cost to you. On average, participants reduce their pain by 58%.*

- Virtual sessions anytime, anywhere
- Unlimited one-on-one health coaching
- Motion-tracking technology for instant form correction

Your covered dependents may be eligible, too!

To learn more, scan the QR code or visit hinge.health/healthselect

*Based on a 2020 study published in the Journal of Orthopaedic & Sports Physical Therapy. The study found that participants who used Hinge Health for 12 weeks experienced a 58% reduction in pain compared to a control group. The study was funded by Hinge Health. ©2021 Hinge Health. All rights reserved.

2 Assessment

Online clinical screener

Hinge Health

What muscle or joint pain can we help you with?

- Neck / Upper Back
- Shoulder
- Low Back
- Elbow
- Wrist
- Hand
- Hip
- Knee
- Ankle
- Foot

Next

3 Enrollment

Matched with the right program

Hinge Health

Prevention Surgery rehab

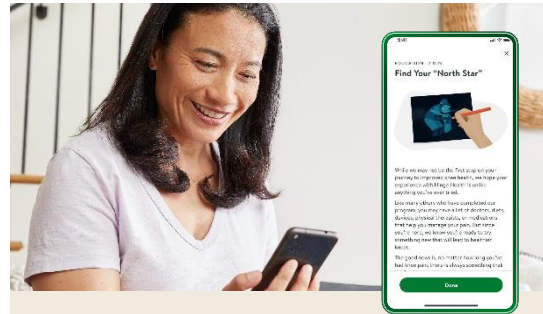
Prevention Program

Includes: In-app participant experience



Download app

Free app can be downloaded to a tablet or phone



Read education

Participant will learn healthy habits and how to avoid risky behaviors



Complete exercises

In-app exercises are designed by PTs and customized by job profile

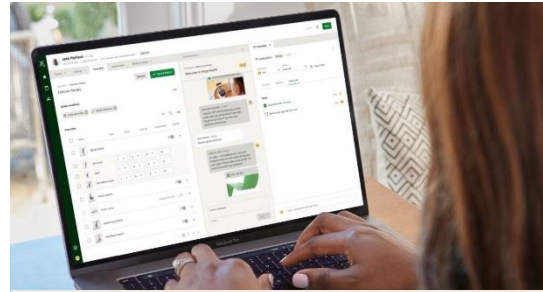
Acute Program

Includes: App paired with a dedicated doctor of physical therapy



Schedule a PT visit

After the screener, a participant can schedule their 1:1 PT video visit



PT customizes care plan

A dedicated PT creates their care plan and can customize exercise recommendations



Complete exercises

PT's deliver exercises and psychosocial components of the Acute Program

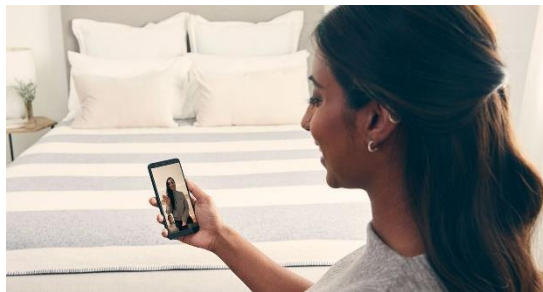
Chronic Program

Includes: App, motion technology paired with a dedicated doctor of physical therapy & health coach



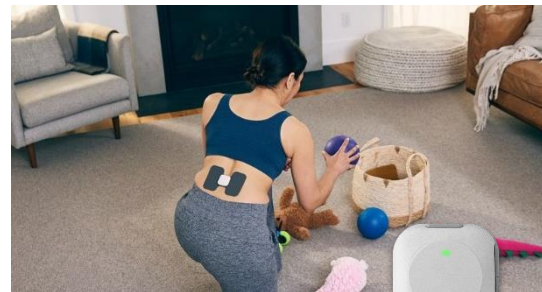
Start same day

Free app can be downloaded to a tablet or phone



Meet a dedicated care team

Work with a dedicated PT and health coach to customize care to individual needs



Access to advanced technology

Motion tracking guided exercise therapy; Enso provides non-addictive pain relief

Surgery Program

Includes: App paired with a dedicated doctor of physical therapy



Continue care with same PT

Most surgery program participants will come directly from the chronic program



Share results with providers

Reports are sent to a participant's provider on their condition and progress for care continuity



Rehab for pre and post surgery

Guided exercise therapy app also delivers education and behavioral support

Participant referrals

Participant referrals

If a participant is a fit for Hinge Health's programs

- 1 Tell them a little about the program
- 2 Direct them to hinge.health/healthselect to enroll
- 3 If they have additional questions, encourage them to reach out to hello@hingehealth.com or call (855) 902-2777



Application Process

Enroll

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

Program Acceptance

- Receive welcome message from Hinge Health

Download app

- Log in to the app and begin the Hinge Health program



Questions