



What is Hinge Health?

How do the programs work?

Hinge Health provides personalized care plans to help people accomplish their health goals related to musculoskeletal (back, muscle, and joint) health.

What could be included in my treatment plan?

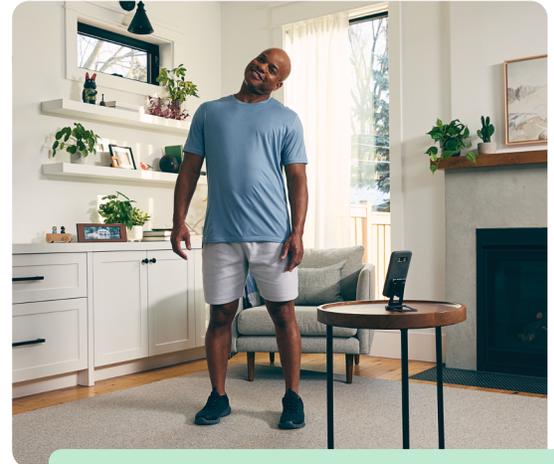
1. **Access to the Hinge Health app** with guided exercise therapy
2. **Virtual visits** with members of your care team
3. **Kit with a tablet and tools** to assist in guiding exercise therapy

Who is eligible?

Employees, COBRA, pre-65 retirees, and dependents 18+ enrolled in the Hess Medical Plan through Hess Corporation are eligible.

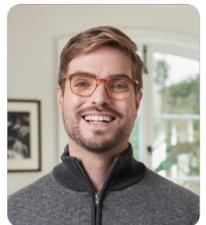
What types of programs are available?

- **Chronic Pain Management:** get daily support from a health coach and physical therapist to reduce hard to treat pain from the comfort of home-- without drugs or surgery.
- **Injury Recovery:** a physical therapist will help you reduce pain, restore range of motion, and increase strength after a recent injury.
- **Women's Pelvic Health:** get 1-on-1 care from a pelvic floor physical therapist and support from a women's health coach to treat pelvic floor disorders through all stages of life.
- **Preventive Care:** get support to help you take care of your body today and keep it healthy for tomorrow.
- **Surgery Care:** having a back or joint pain procedure? Get pre and post surgery support to build strength and improve your recovery.
- **Expert Medical Review:** our experienced care team can help you make an informed decision on how to treat your joint or muscle pain.



Exercise therapy made easy

Follow along in the app for simple, 10-minute exercise therapy sessions.



Treatment from your care team

Get help overcoming pain, recovering from an injury, preparing for surgery, and more!



Scan the QR code to learn more or apply at

hinge.health/hess

or call (855) 902-2777