



Hinge Health 101: Your Complete MSK Care Solution

August 20, 2026



Today's Goals

- 01 What is Hinge Health
- 02 Program Highlights and Technology
- 03 Specialized Care
- 04 Meet your care team
- 05 Member Stories
- 06 Next Steps

What is Hinge Health?

The world's most complete clinic
for joint and muscle care



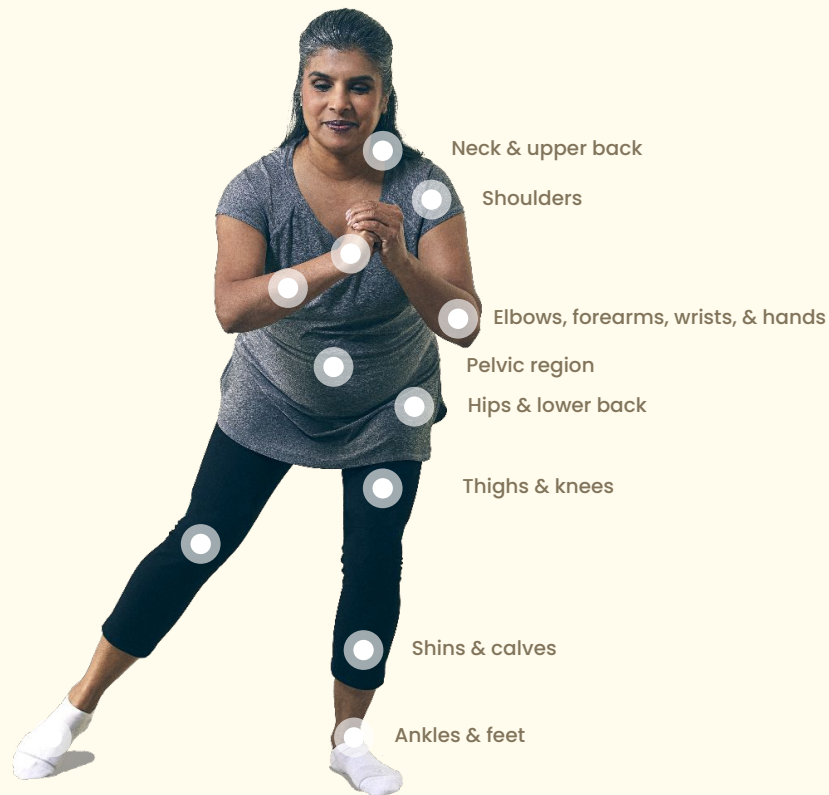
Program Highlights



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



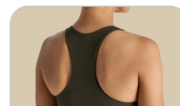
Personalized, full-body exercise therapy sessions

75% of people have pain in multiple areas

- ✓ Providing holistic care for your whole body
- ✓ You can work on up to 3 body parts and adjust these areas anytime
- ✓ You'll have a single, blended daily exercise session for all chosen body parts
- ✓ Your physical therapist can proactively adjust and oversee care plans as needed

Where are you currently experiencing pain?

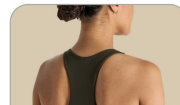
Select up to 3 areas



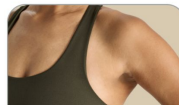
Upper back



Lower back



Neck



Shoulder



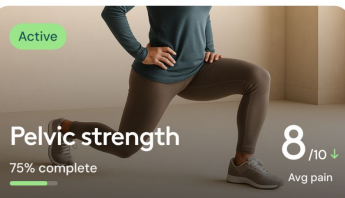
Hip



Knee

Programs Progress

Active



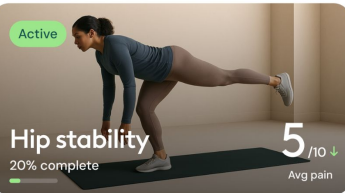
Pelvic strength

75% complete

8/10

Avg pain

Active



Hip stability

20% complete

5/10

Avg pain

View all

Care tools



Access mobility

Test your movement



Today



Program



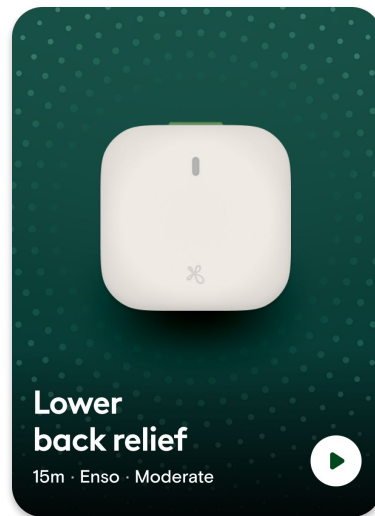
Connect



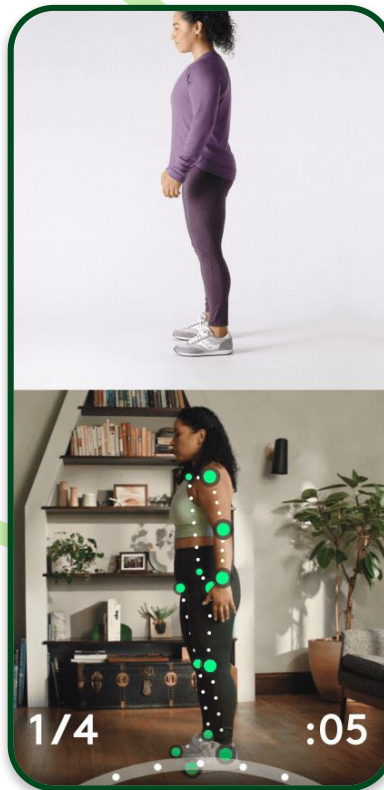
Explore

Hinge Health App

Enso
FDA-cleared pain relief



Motion Insights
Real-time form feedback



All-in-one-app



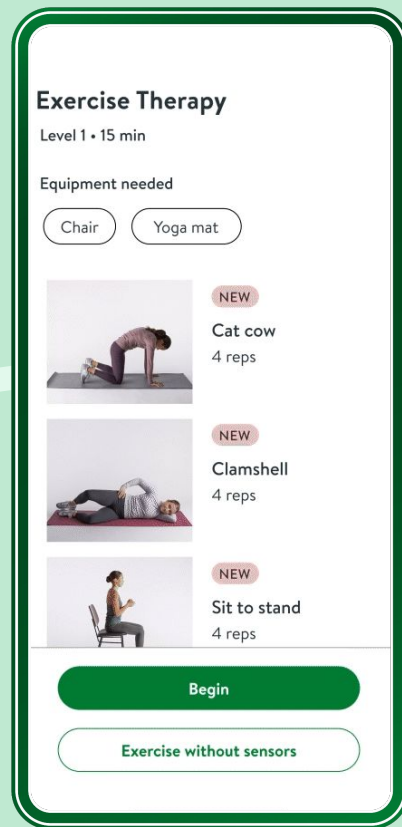


Specialized Care

Women's Pelvic Health

Supporting women with pelvic disorders at all stages of life, pregnancy, postpartum and menopause

- + **Care for the unique MSK needs of women** across the entire continuum of pelvic floor disorders
- + **Single platform for care** addresses and coordinates care for pelvic health and common co-occurring MSK conditions
- + **Complete care team** includes urogynecologists, women's health coaches, and Pelvic Floor PTs for highly specialized care
- + **Pelvic health education** drives awareness and tackles stigma so you get the care you need



Movement-based menopause care for those with MSK and pelvic health conditions



Expert guidance

PT-led care teams specialize in menopause, pelvic health, and MSK care



Movement-based symptom management

Exercise therapy reduces the frequency and intensity of MSK, pelvic health, and menopause symptoms



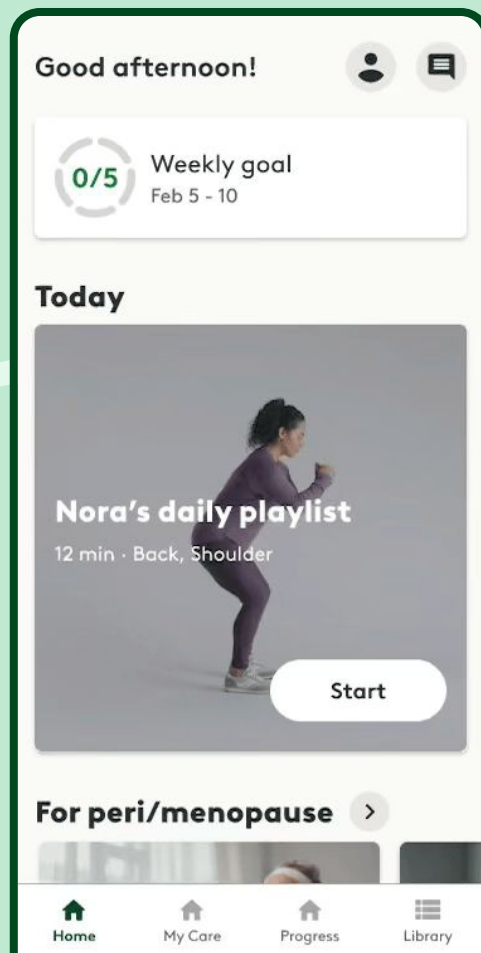
Lifestyle and behavior change strategies

Alleviate vasomotor symptoms, ease joint pain, improve sleep quality, and lower stress



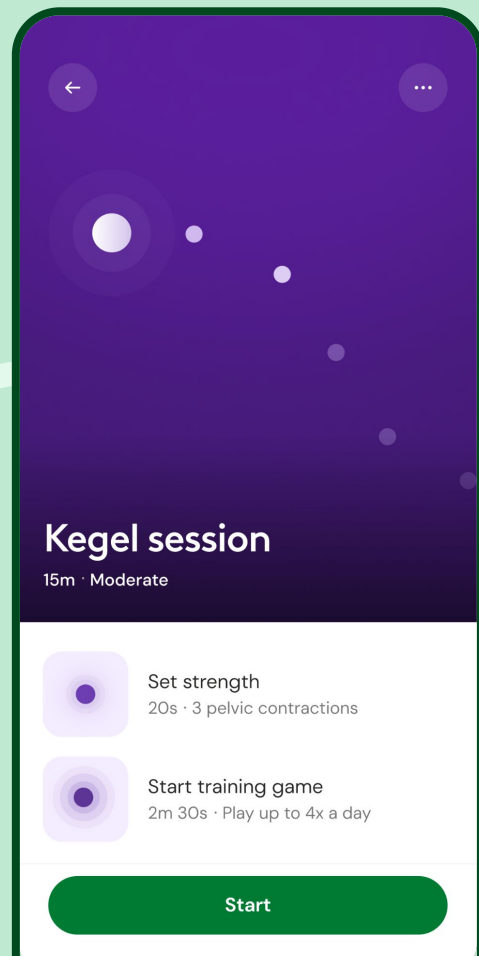
Education and access

Enables informed care decisions and helps you feel in control of your health



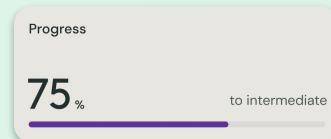
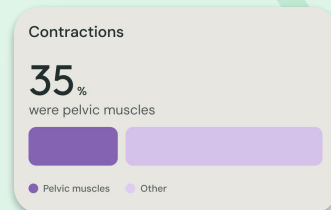
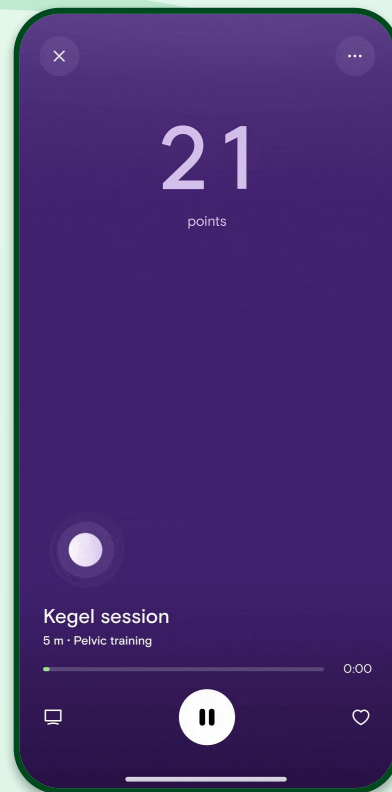
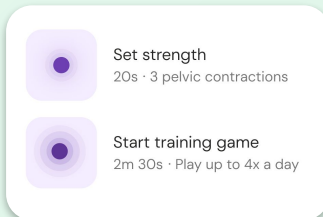
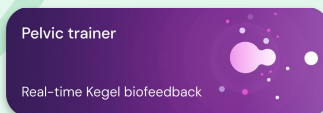
Pelvic trainer device for pelvic floor strengthening

- ✓ **Personalized pelvic floor care:** you may receive a pelvic floor trainer device, at no cost to you, if your care team determines it's the right fit for your condition
- ✓ **Pelvic floor strengthening:** Pelvic trainer offers Kegel exercises and immediate feedback on contraction strength and quality.
- ✓ **Comprehensive exercise therapy:** Pelvic trainer works within our whole-body pelvic floor PT approach, which results in enhanced pelvic healthcare.
 - FDA Registered
 - Offered at no additional cost
 - No member-level data sharing with partner
 - Patented detection of incorrect and harmful pelvic floor contractions



Pelvic floor training device member experience

- + Easy to use
- + Difficulty and program focus tailored each session
- + “Video game-like” member experience
- + Understand and track contraction quality



Enso® for Migraine: Relief and prevention for migraine sufferers



Fast relief

Access the specialized Enso for Migraine device for rapid, drug-free pain relief during attacks.



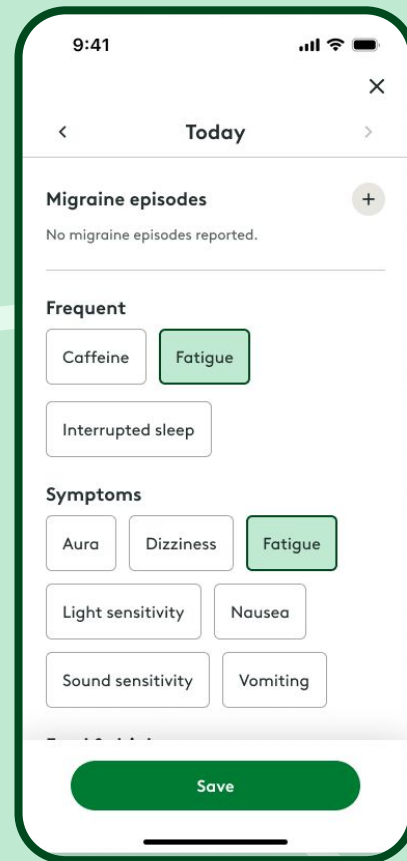
Prevention

Identify and manage triggers (stress, sleep, food) with advanced tracking and personalized insights.



The neck connection

75% of migraine sufferers have neck pain. Our PTs treat the underlying MSK tension that often triggers headaches.

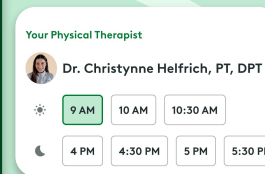
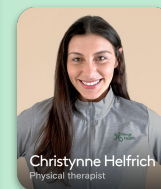
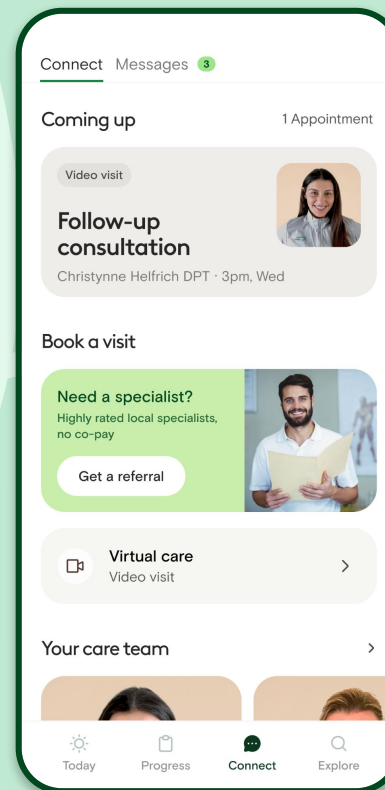
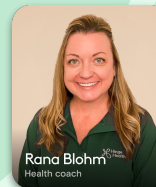
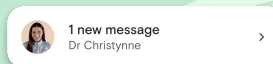




Meet Your Care Team

A connected team of experts invested in your care

- ✓ **Physical therapists:**
Create your clinical plan
- ✓ **Health coaches:**
Support habit change and lifestyle (sleep, stress, nutrition)





Member Stories



Mental Health matters

Our members report:

68%

Reduction in pain*

58%

58% reduction in feelings of
anxiety and depression*

*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)

My Hinge Health Story

20 years of back pain

- I used to teach intense fitness classes 4-5 days a week even with back pain
- After 10 years the pain became so intense I could only teach gentle senior water aerobics classes.
- I tried in person physical therapy over 6 times, chiropractic care over 5 different times and even got several injections in my back by a pain specialist
- I was told I would need back surgery
- 3 years ago I did the HH back program and not only do I no longer suffer from back pain but I can hike, lift heavy weights and I am even back to teach intense fitness classes.





Next Steps

Your complete clinic is just a scan away

- Download the Hinge Health app
- First session takes 5 minutes to do



To learn more about Hinge Health and apply, visit:

hinge.health/unitedag-es-webinar

*Hinge Health services will continue to be subject to the applicable deductible, coinsurance and diagnosis. Members, spouses, and dependents enrolled in a UnitedAg medical plan are eligible.

*Eligibility to receive complimentary items is based on the program in which you are placed and subject to availability upon completion of your first exercise therapy session. Users may receive an alternative item if the featured item is unavailable.



The background is a solid dark green. It is decorated with several thick, bright green curved lines that sweep across the frame. Interspersed among these are smaller, thinner curved lines in yellow, pink, and light purple. The text "Thank you!" is positioned in the lower-left area in a clean, white, sans-serif font.

Thank you!