

A closer look at your Hinge Health benefits



Muscle and joint pain

Access to virtual physical therapy for back, neck, shoulder, knee pain, and more. A licensed PT builds a personalized program you can do in about 15 minutes a day, with real-time form feedback right in the app.



Injury recovery

Get a personalized plan from a licensed physical therapist to recover from a new strain or sprain, and keep it from becoming a long-term problem.



Pelvic Floor Therapy

Virtual pelvic floor therapy for bladder control, pelvic pain, postpartum recovery, and more. Work one-on-one with a care team that specializes in pelvic health, from the privacy of your own home.



Menopause

Expert-backed care for hot flashes, sleep trouble, joint pain, and more. A personalized plan and dedicated team help you feel more like yourself again.



Migraines

The FDA-cleared Enso for Migraine device pairs with targeted exercise and symptom insights to help you understand your triggers and find relief without medications.



Enso®

Enso is a small, FDA-cleared wearable that uses patented waveforms to deliver drug-free pain relief in minutes. Quick, safe, and exclusive to Hinge Health.*



For more about your benefit, scan the QR code or visit:

hinge.health/mtm-programs

Questions? Call (855) 902-2777



Get an insulated Stanley® on us!**

Start your program, and do a few introductory exercises to get an insulated Stanley® on us.

Please use the default camera on your device to scan the QR code, not a third-party application. If you are directed to a site other than the URL listed above, do not proceed.

Hinge Health está disponible en español

Alivia los dolores articulares y musculares y previene las lesiones con tus beneficios de salud gratuitos.

Employees, COBRA, and dependents 18+ enrolled in a UMR medical plan through MTM are eligible. Space is limited. If you need help with pain or an injury, then you will go through a clinical questionnaire to make sure our program is the right fit. Our program to stay healthy and pain free has no clinical requirement, and is open to all 18+ members on the medical plan.

Los empleados, COBRA y dependientes mayores de 18 años inscritos en un plan médico UMR a través de MTM son elegibles. El espacio es limitado. Si necesita ayuda con el dolor o una lesión, pasará por un cuestionario clínico para asegurarse de que nuestro programa sea el adecuado. Nuestro programa para mantenerse saludable y sin dolor no tiene ningún requisito clínico y está abierto a todos los usuarios mayores de 18 años del plan médico.

*Eligibility to receive Hinge Health Enso is based on the program in which you are placed, fulfillment of clinical eligibility criteria, and completion of a qualifying number of exercise sessions.

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