



EXPRESS SCRIPTS®



Hinge Health

Take control of your pain

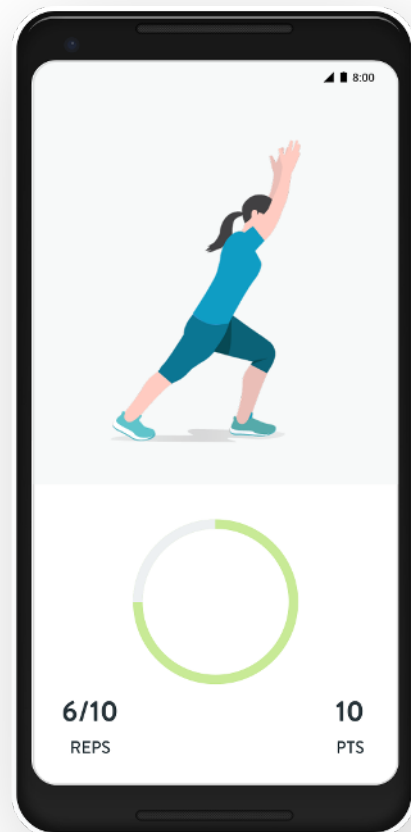
You and your eligible family members may qualify for Hinge Health's programs for **muscle and joint pain**. **It's no cost to you**. Each program is tailored to your needs. You could receive:

- Personalized exercise therapy
- Wearable sensors for live feedback in the app
- Unlimited 1-on-1 health coaching
- Personal physical therapist with video visits

Over 300,000 members have joined so far. They are regaining the active lifestyle they thought they'd left behind!

Participants must be 18+ and enrolled in Episcopal Church Medical Trust's benefit plan. Express Scripts and the E Logo are trademarks of Express Scripts Strategic Development, Inc.

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To learn more call (855) 902-2777, or apply at:
HINGEHEALTH.COM/ECMT





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Hinge Health

What is Hinge Health?

How does the program work?

Hinge Health provides personalized care plans to help people recover from pain, discomfort, and injuries related to muscle and joint health **at no cost to you.**

How does Hinge Health help?

They assess your condition and match you to a care team to help personalize your treatment to you.

Who is in my care team?

Depending on your treatment plan, your care team could include a physical therapist and a health coach. You will keep the same care team throughout your experience.

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. **Wearable sensors** to assist in guiding exercise therapy

How much does the program cost?

It's offered **at no cost to you.** This includes access to your care team, the Hinge Health app, and any materials that we send to assist in your care.

Who is eligible?

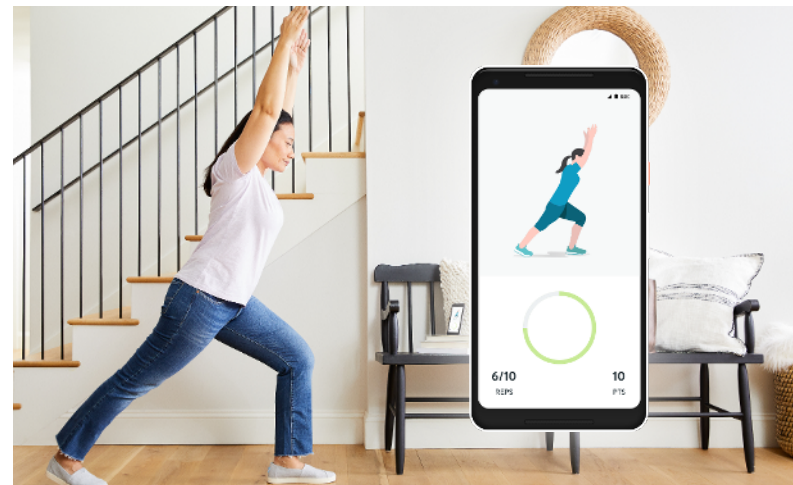
Members and dependents 18+ enrolled in Episcopal Church Medical Trust's benefit plan are eligible.

How do I apply?

Take a short online survey following the link below, telling us about your pain. No referral or diagnosis needed from a doctor.

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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 and discomfort, recovering from an injury, and more!



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