

BENEFITS. SIMPLY PUT.



HINGE HEALTH.

Frequently Asked Questions



What is Hinge Health?

Hinge Health is a digitally-enabled therapy program for joint pain, available at no additional cost to those enrolled in the **Simplot Medical Program**. The program equips you with a tablet, wearable sensors and your own personal care team to decrease your pain and increase your mobility through self-guided exercise therapy sessions at your own pace. Your care team consists of a personal physical therapist and board-certified or accredited health coach.

Is there really no cost?

There's no additional cost for those enrolled in the **Simplot Medical Program**. This includes access to your care team, the **Hinge Health** app and any materials sent to assist in your care.

Can Hinge Health help with more than just back pain?

Hinge Health can help you conquer back, knee, hip, neck or shoulder pain.

Is Hinge Health just for those with chronic pain?

No. The program can help you recover from pain or limited movement related to a recent or past injury. Hinge Health help you prepare for or recover from surgery and can provide a second opinion on your current treatment plan.

How do I register?

Employees and their dependents age 18+ who are enrolled in the **Simplot Medical Program** may register by visiting HingeHealth.com/Simplot. Click **Get Started** and enter your information. Agree to the terms and conditions and click **Submit**.

You will go through a clinical questionnaire to make sure the program is the right fit. The entire process only takes about 10 minutes.

Have additional questions?
Visit HingeHealth.com/Simplot.