

Hinge Health

Q: What is Hinge Health?

A: 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 gives you access to your own personal care team (licensed physical therapist and health coach) to decrease your pain and increase your mobility with a personalized program of self-guided exercise therapy sessions. Sessions are done using the Hinge Health mobile app at your own pace, from the comfort of your home and when you have time.

Q: Is there really no cost?

A: 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.

Q: Can Hinge Health help with more than just back pain?

A: Yes. Hinge Health can help with back, knee, hip, neck, shoulder, ankle, foot, elbow, wrist, and hand pain. They also have a [Women's Pelvic Health Program](#).

Q: Is Hinge Health just for those with chronic pain?

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

Q: How do I register?

A: 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.