



# FEEL BETTER, MOVE EASIER — AT NO COST TO YOU!

We're excited to introduce a new benefit available through your Blue Cross and Blue Shield of Nebraska health plan: **Hinge Health**.

## WHAT IS HINGE HEALTH?

Hinge Health is a digital program designed to help you move better and live pain-free. Whether you're managing chronic pain, recovering from an injury or dealing with back, joint, or pelvic discomfort, Hinge Health offers a convenient and effective way to help you get back to doing what you love most.

Starting Sept. 1, 2025, you can enroll and begin receiving support at no cost to you.

## WHY YOU'LL LOVE IT:

- **Easy exercise sessions** – With quick 15-minute activities, Hinge Health makes it simple to fit pain relief into your day — perfect for busy schedules.
- **Do it anywhere** – All sessions are virtual, so you can participate from home, work or wherever life takes you.
- **Personalized support** – Get one-on-one guidance from a dedicated health coach, with exercises tailored to your unique needs.

This is more than just physical therapy — it's a smarter, simpler way to take care of your body.

## Exercise Therapy

Level 1 • 10 min

### Equipment needed

Chair

Table



**Seated child's pose**  
3 reps • Flexibility



**Seated knee to chest**  
4 reps • Mobility



**Tandem balance with table**  
4 reps • Balance



**Standing hip extension**

Begin

**\$0**  
cost to you

## READY TO GET STARTED?

Starting **Sept. 1, 2025**, you and your covered dependents over the age of 18 will be eligible to apply for virtual physical therapy and personalized support, all at no cost to you. Begin moving better, feeling better and living pain-free!



Visit [hinge.health/BCBSNE](https://hinge.health/BCBSNE) today to join the wait list and get an email reminder when it is time to enroll!

Hinge Health is an independent company that provides musculoskeletal services to Blue Cross and Blue Shield of Nebraska, an independent licensee of the Blue Cross Blue Shield Association. 60-338 (07-23-25)