

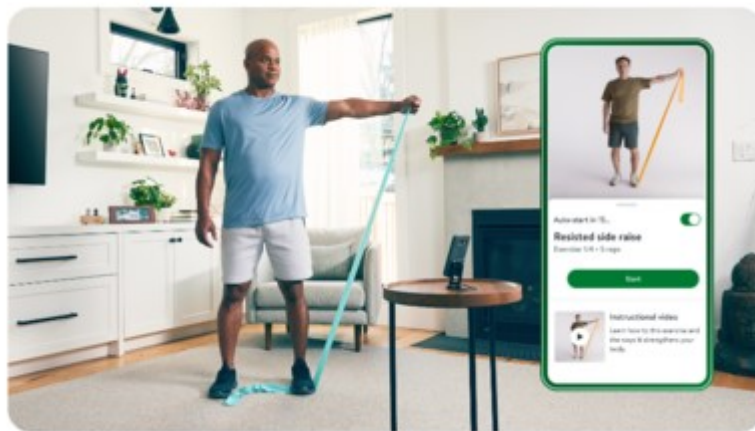


# HEALTH CARE & BENEFITS DIVISION

May 9, 2024



## Try Hinge Health Today!



### PAIN RELIEF IS POSSIBLE

On average, Hinge Health participants reduce their pain by 68%\*. Give this personalized exercise therapy program a try with no commitment or cost to you.

Signing up is easy and, once approved, you can start your exercises right away.

[Join Hinge Health](#)

### You don't have to put up with pain.

Exercise therapy isn't just for severe pain after an accident or injury. It also reduces everyday joint pain, allowing you to function at your best and enjoy the activities you love with:

- Personalized exercises developed by physical therapists to target and relieve pain, prevent injuries, and more
- Dedicated 1-on-1 support from your care team
- Convenient virtual sessions that can be done anywhere, anytime

Sign up now at [hingehealth.com/for/stateofmontana](https://hingehealth.com/for/stateofmontana).



### Questions? Hinge Health is here to help!

Call: (855) 902-2777

Email: [hello@hingehealth.com](mailto:hello@hingehealth.com)

Participants must be 18+ and enrolled in the State of Montana Benefit Plan. No cost to the eligible State Plan member. There is a cost to participate in a Hinge Health program, but the cost is paid in full by the State Plan. Hinge is reimbursed by the State Plan through the medical claims billing process. Meaning the primary plan member will see an Explanation of Benefits (EOB) generated when Hinge submits the claim to BlueCross BlueShield of Montana and the claim is processed and paid in full by the State Plan.

*\*Participants with chronic knee and back pain after 12 weeks. Bailey, et al. Digital Care for Chronic Musculoskeletal Pain: 10,000 Participant Longitudinal Cohort Study JMIR (2020).*

## STATE OF MONTANA HEALTH CARE & BENEFITS DIVISION

(406) 444-7462 | TTY (406) 444-1421 | Toll Free (800) 287-8266

100 N. Park Ave. Suite 320 | PO Box 200130 | Helena, MT 59620-0130 | [benefitsquestions@mt.gov](mailto:benefitsquestions@mt.gov)

**Non-Discrimination Notice:** The State of Montana Benefit Plan complies with applicable Federal civil rights laws, state and local laws, rules, policies and executive orders and does not discriminate on the basis of race, color, sex, pregnancy, childbirth or medical conditions related to pregnancy or childbirth, political or religious affiliation or ideas, culture, creed, social origin or condition, genetic information, sexual orientation, gender identity or expression, national origin, ancestry, age, disability, military service or veteran status or marital status. 45 C.F.R. § 92.8(b)(1) and (d)(1)

**ATENCIÓN:** si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-270-3877 (TTY: 711).

**ACHTUNG:** Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-866-270-3877 (TTY: 711).

This service is provided to you at no charge by [State of Montana Health Care & Benefits Division](#).