Hinge Health

OFFERED THROUGH cigna healthcare

Your partner for pain relief

With Hinge Health, you can get digital exercise therapy and more from real people who are dedicated to helping you feel your best.

You are receiving this because you are eligible for Hinge Health, a digital exercise therapy benefit at no additional cost to you as part of your Cigna Healthcare® medical plan.

Specialized care, personalized for you

Reduce everyday joint and muscle aches. Recover from an injury. Relieve pelvic pain and discomfort.

- A care plan designed for your everyday activities and long-term goals — and to treat multiple areas of your body at once
- Access exercise therapy sessions you can do in as little as 15 minutes — anytime, anywhere with the Hinge Health app
- Get 1-on-1 support from a physical therapist or health coach to tailor your sessions as needed and help you reach your goals



Scan the QR code or visit:

hinge.health/client

Please use the default camera on your device to scan the QR code, not a third-party application. If you are directed to a site other than the URL listed above, do not proceed.

[Eligibility Disclaimer]
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