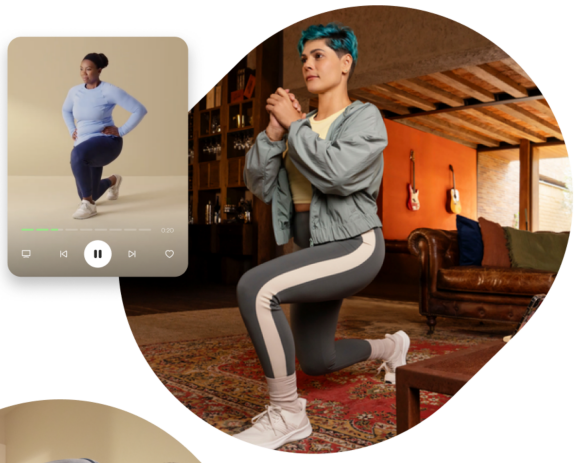
IBP
INSTALLED BUILDING PRODUCTS

Hinge Health



100% covered

One app. So many ways to reduce pain.



Most of us don't have just one ache. It's the lower back after a long week, the shoulder that flares at your desk, the knee that always feels creaky on stairs. Hinge Health was built for all of it.

Hinge Health offers access to app-based virtual physical therapy and more, including a personalized exercise program, a dedicated care team, and real-time guidance that shows you you're doing it right.

The best parts: You can use Hinge Health on your schedule, wherever you are, right from your phone.

Your program includes care for:

- **Muscle and joint pain**
  Ease back, neck, shoulder, knee, and joint pain at home.
- **Pelvic Floor Therapy**
  Treat pelvic floor leaks, pain, and postpartum recovery.
- **Injury recovery**
  Bounce back from a new strain, sprain, or pulled muscle.
- **Enso®**
  Soothe pain with the FDA-cleared Enso wearable.*

For more about your benefit, scan the QR code or visit:
hinge.health/installedbuildingproducts-myprogram
Questions? Call (855) 902-2777



Get an insulated Stanley® on us!**
Start your program, and do a few introductory exercises to get an insulated Stanley® on us.

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.

Hinge Health está disponible en español
Alivia los dolores articulares y musculares y previene las lesiones con tus benecios de salud gratuitos.
Employees and dependents 18+ enrolled in an Anthem medical plan through Installed Building Products are eligible.
Empleados y dependientes deben ser mayores de 18 años y estar inscritos en un seguro médico de Anthem a través de Installed Building Products.
*Eligibility to receive Hinge Health Enso is based on the program in which you are placed, fulfillment of clinical eligibility criteria, and completion of a qualifying number of exercise sessions.
**Eligibility to receive complimentary items is based on the program in which you are placed and subject to availability upon completion of a qualifying number of exercise therapy sessions. Users may receive an alternative item if the featured item is unavailable.

[1]Bailey et al. (2020) 12-week digital care for chronic back and knee MSK pain. JMIR. (N=10,264)