IBP INSTALLED BUILDING PRODUCTS | Hinge Health

100% covered

A closer look at your Hinge Health benefits



Muscle and joint pain

Access to virtual physical therapy for back, neck, shoulder, knee pain, and more. A licensed PT builds a personalized program you can do in about 15 minutes a day, with real-time form feedback right in the app.



Injury recovery

Get a personalized plan from a licensed physical therapist to recover from a new strain or sprain, and keep it from becoming a long-term problem.



Pelvic Floor Therapy

Virtual pelvic floor therapy for bladder control, pelvic pain, postpartum recovery, and more. Work one-on-one with a care team that specializes in pelvic health, from the privacy of your own home.



Enso®

Enso is a small, FDA-cleared wearable that uses patented waveforms to deliver drug-free pain relief in minutes. Quick, safe, and exclusive to Hinge Health.*

For more about your benefit, scan the QR code or visit:

hinge.health/installedbuildingproducts-programs

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.