

Better Together

Drive meaningful, sustained engagement in the right programs with deeply personalized experiences



Hinge Health's patient-centered Digital Musculoskeletal (MSK) Clinic™ reduces MSK pain, surgeries, and opioid use. Hinge Health pairs advanced wearable sensors and computer vision technology with a comprehensive clinical care team of physical therapists, physicians, and board-certified health coaches. HingeConnect integrates with 750,000+ in-person providers to enable real-time interventions for elective MSK surgeries, driving proven medical claims reduction. Available to millions of members, Hinge Health is widely trusted by leading organizations, including Land O'Lakes, L.L. Bean, Salesforce, Self-Insured Schools of California, Southern Company, State of New Jersey, US Foods, and Verizon.



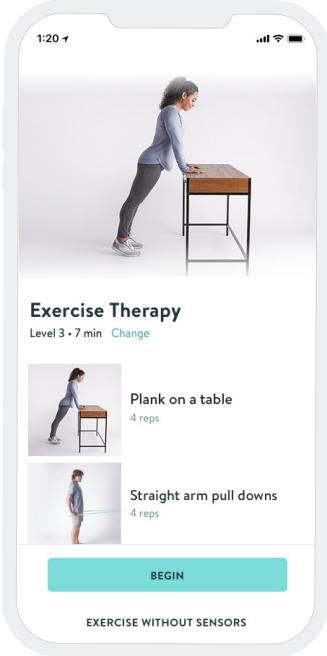
Stay active. Prevent pain. Feel great.

A diagnosis of low back pain triggers outbound communications nudging Thom to engage with Hinge Health's Digital MSK Clinic. His experience is tailored to his fitness and pain level.


Thom

Health Goal: Get Stronger & Fitter
Diagnosis: Back Pain
Dx Code: ICD-10 Code S54.5

Scan to explore:




1:20




Exercise Therapy

Level 3 • 7 min [Change](#)



Plank on a table
4 reps



Straight arm pull downs
4 reps

BEGIN

EXERCISE WITHOUT SENSORS

Castlight's best-in-class digital health partners are committed to helping members stay healthy, manage conditions, and access care

Engagement
Better Together

3.25X

increase in engagement with

Hinge Health

when member outreach is
personalized with Castlight

Clinical Outcomes
Better Together

↓ 69%

reduction in pain

per participant* with
Hinge Health versus
those without

“The simplicity of contracting through Castlight makes it seamless for employers to manage the rising costs of MSK, and the navigation tools help employees engage with Hinge Health for sustained pain reduction and relief without surgery or opioids.”

– AVP of Partnerships
Hinge Health

*Outcomes provided by Hinge Health. Bailey (2020). JMIR 10,000 Participant Longitudinal Cohort Study.