



**Blue Cross
Blue Shield
Blue Care Network**
of Michigan



Virtual Muscle and Joint Health Program

Blue Cross Blue Shield of Michigan and Blue Care Network offer this virtual option to complement your suite of Musculoskeletal Solutions and help your employees prevent, treat and recover from muscle and joint pain. It's available through the Hinge Health™ app on a mobile device and gives personalized, convenient support from a specialized care team.

Treatment and services for MSK conditions are among the costliest in health care. By offering your employees a virtual experience for managing their MSK conditions, they can get treatment when and where it's best for them. You'll see reduced costs through increased engagement, improved clinical outcomes and avoidance of long-term interventions.

Our Virtual Muscle and Joint Health Program offers:

- A team of dedicated experts, including live access to board-certified health coaches
- Condition-related education and resources
- Unlimited, personalized exercise therapy sessions

And it's all with no out-of-pocket costs.

**READY
TO HELP**



We're ready to help.

Contact your Blue Cross sales representative for more information.

The Virtual Muscle and Joint Health Program may also be available for employees who don't have Blue Cross or BCN health plans.

Hinge Health, Inc. is an independent company that provides virtual muscle and joint health services to Blue Cross Blue Shield of Michigan and Blue Care Network members.