

# Benefit Education Session

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Hinge Health

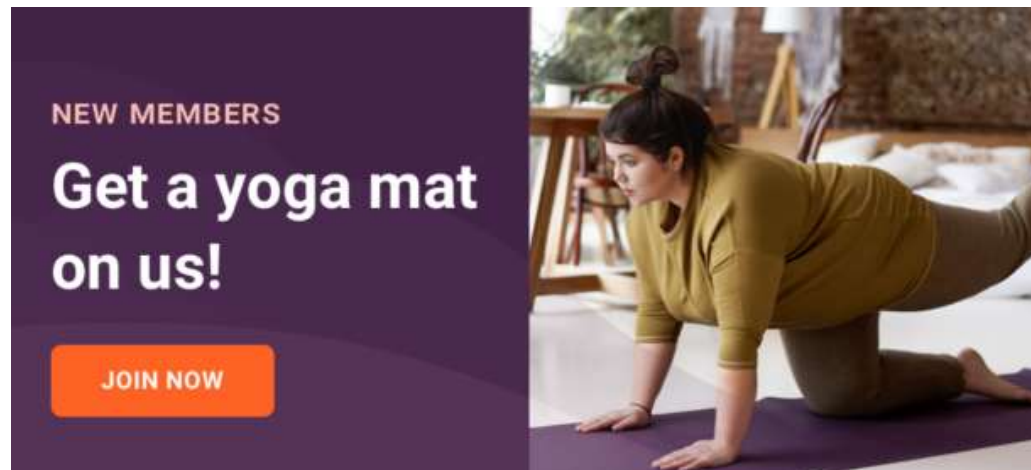
July 12, 2022



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## Hinge Health Overview

- The Basics:
  - Who's covered: Aetna medical plan members
  - Cost: ***Free to you!***
- Goal – reduce pain, increase flexibility, avoid surgery (if possible)
- Areas Covered – back, knee, hip, shoulder, neck
- What's Provided:
  - Unlimited 1-on-1 health coaching
  - Wearable sensors for live feedback in the app
  - Personalized exercise therapy & articles



## Three pillars of successful non-surgical intervention

“For meaningful and lasting improvements, must go beyond just physical therapy.” — CDC



### Exercise therapy

Real-time feedback & tracking



### Behavioral support

1:1 health coaching



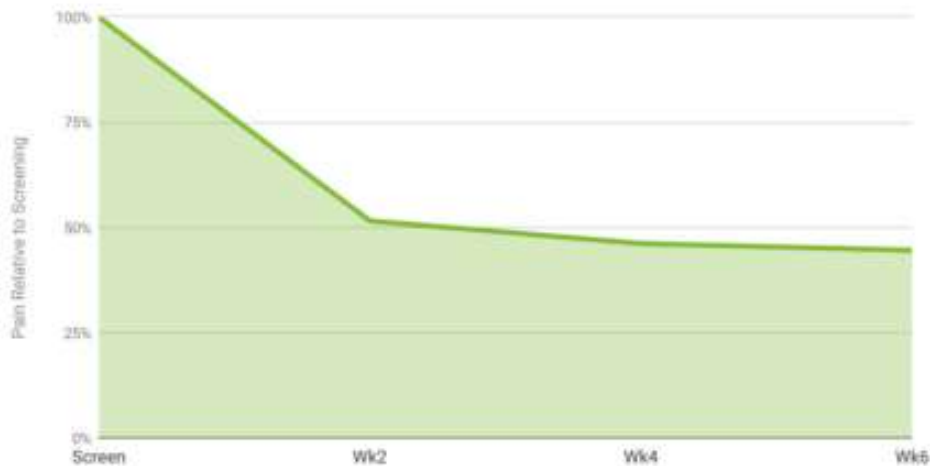
### Education

Personalized curriculum

OUTCOMES

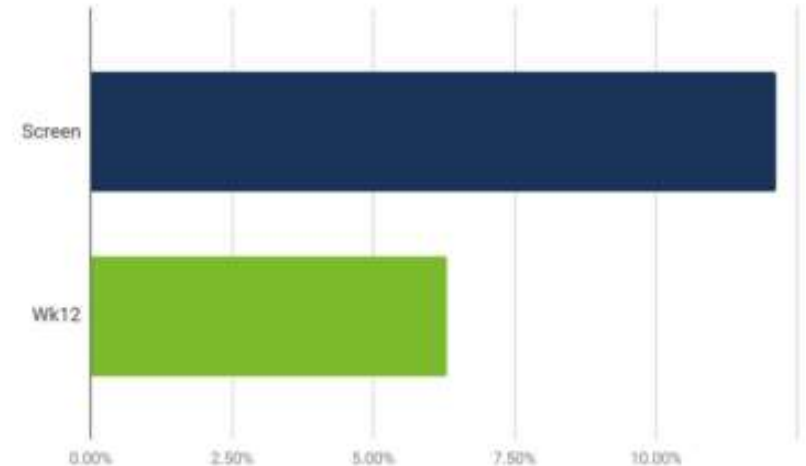
## Clinical results

### Pain reduction



55% reduction in pain relative to screening

### Surgery likelihood

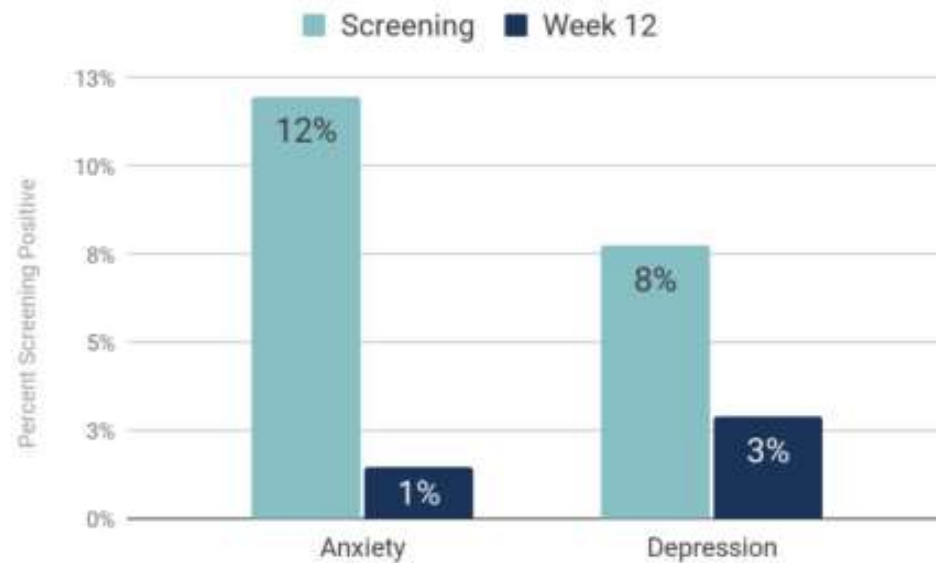


55% reduction in 1-year surgery likelihood

## OUTCOMES

# Anxiety & depression

Percentage of participants screening positive for anxiety & depression\*



**Reduction in MH Screens**

**-88%**

**-63%**

\*PHQ9 to screen for depression and GAD7 to screen for anxiety

Limited to members that completed the questionnaire at screening and at Week 12, respectively; 173 responses at screening; 69 responses at Week 12



## Brookfield User Testimonials

Quotes from participants

"I carry my stress in my neck and shoulders that moves to a migraine. The only thing that will work besides meds is the exercises and focusing on relaxing and resting. **I've already seen a drop in my chiropractor appointments!**"

Neck program, 55-60 years old

"I told my coworker this morning he really needs to try [Hinge Health] for his neck instead of taking pills. **I hardly ever take anything when I do my Playlist!**"

Neck program, 50-55 years old

**"I have been off from pain meds since Friday and I feel better!** I enjoy the stretches today. No shoulder pain at all!"

Shoulder program, 40-45 years old

**Brookfield participant satisfaction rate:**

SATISFACTION



**8.2/10**

## Enrollment Process

- Visit the Hinge Health website or call

To learn more call (855) 902-2777, or apply at:

**HINGEHEALTH.COM/BROOKFIELD**

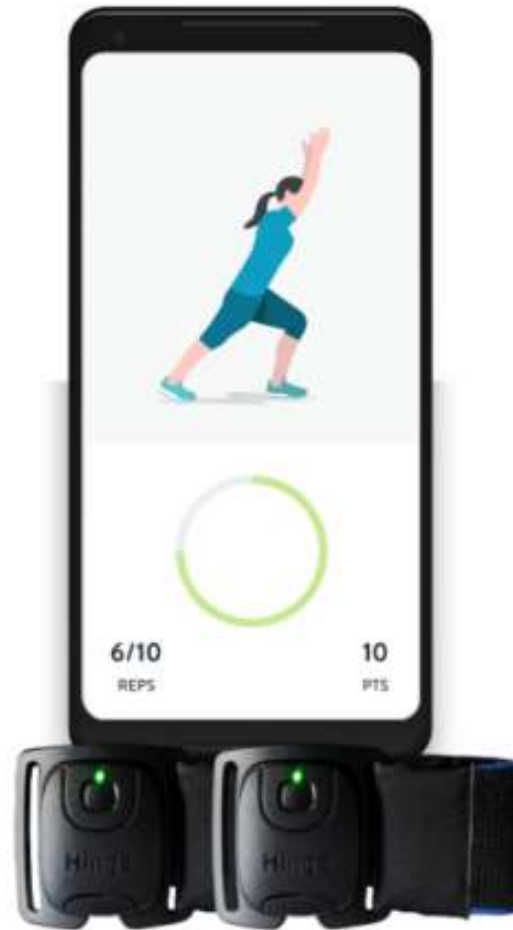


- Complete a simple questionnaire
- Based on your responses, enrollment will be approved by Hinge Health if their program is a fit for your situation
- Hinge will send approved members a therapy kit
- Your Hinge coach will be assigned and will contact you



# Demonstration

- User experience
- Exercise
- Article Library



## TESTIMONIAL

*"I increased my band to medium and I did all 10 extra exercises for the past 3 days. My knee pain is way down and my energy has greatly increased! Feeling good!"*

– Brookfield Participant

## Contact Information

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- Hinge Health:
  - [Hingehealth.com/Brookfield](https://hingehealth.com/Brookfield)
  - 855-902-2777
  - [hello@hingehealth.com](mailto:hello@hingehealth.com)
  
- General Brookfield Benefits Questions - Brookfield Benefits Team:
  - 833-980-1179
  - [Benefits@brookfield.com](mailto:Benefits@brookfield.com)

# Questions