Hinge Health® | A Boeing Total Rewards Partner

$0 cost to you

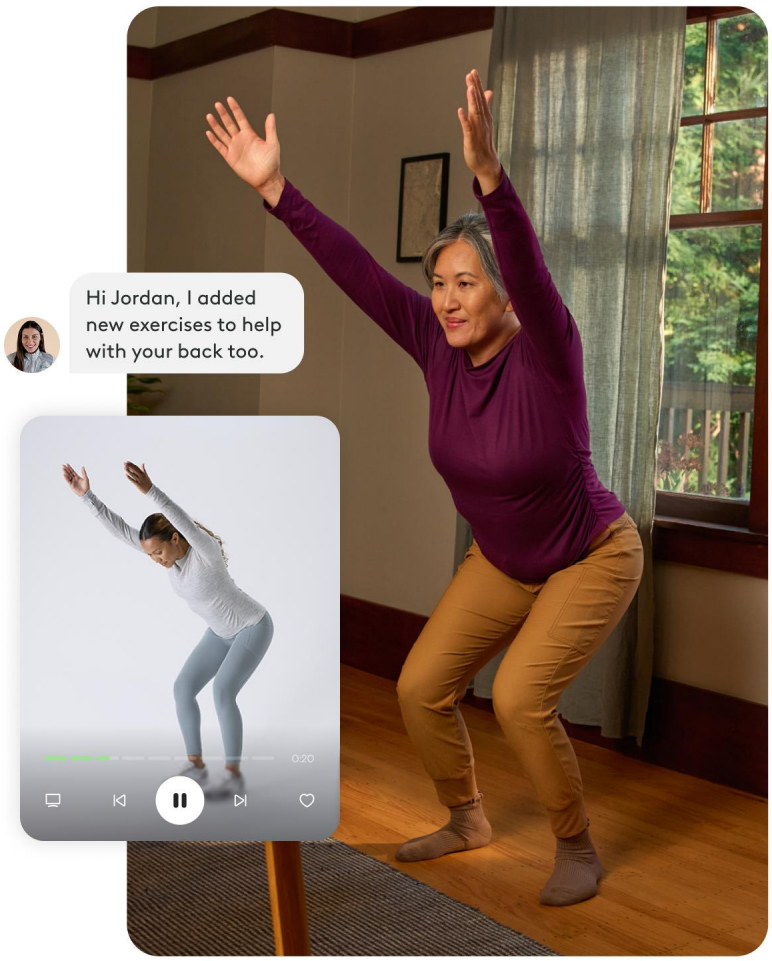
Your partner for pain relief

With Hinge Health, you can get virtual physical therapy and more from real people who are dedicated to helping you feel your best.

Specialized care, personalized for you

Reduce everyday joint and muscle aches. Recover from an injury. Relieve pelvic pain and discomfort.

- A care plan designed for your everyday activities and long-term goals — and to treat multiple areas of your body at once
- Get 1-on-1 support from a physical therapist or health coach to tailor your sessions as needed and help you reach your goals
- Access exercise therapy sessions you can do in as little as 15 minutes — anytime, anywhere with the Hinge Health app



Scan the QR code or visit:
hinge.health/boeing-join

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 beneficios de salud gratuitos.
Eligibility: Employees and non-Medicare-eligible retirees enrolled in a Boeing-sponsored medical plan option administered by Blue Cross and Blue Shield of Illinois (BCBSIL) and their non-Medicare-eligible spouses or domestic partners and dependents who also are enrolled in the employee's or retiree's Boeing-sponsored medical plan option.

How did Hinge Health get my mailing address? By registering for Blue Access for MembersSM (BAM) and/or providing your preferred contact method on the BAM preferences page, you agreed to the Terms of Use and Privacy Statement clauses and consented to certain uses of your information by BCBSIL. That includes the right of BCBSIL and their strategic digital health partners – like Hinge Health – to send you notifications or information about your benefits and medical plan. Examples of these notifications include information about claim activity, clinical and wellness programs, health screenings, benefit alerts, invitations to participate in surveys, etc.
Elegibilidad: Empleados y jubilados no elegibles para Medicare inscritos en una opción de plan médico patrocinado por Boeing administrada por Blue Cross and Blue Shield of Illinois (BCBSIL) y sus cónyuges o parejas domésticas y dependientes no elegibles para Medicare que también están inscritos en la opción de plan médico patrocinado por Boeing del empleado o jubilado.
A Division of Health Care Service Corporation, a Mutual Legal Reserve Company.