

What's your pain score?

1

No pain

2

Mild

3

Moderate

4

Intense

5

Severe

No matter your score, Hinge Health can help.

The program provides all the tools you need to treat muscle or joint pain from home. With customized exercise plans and one-on-one health coaching, Hinge Health has been proven to reduce pain by an average of 68%*.



Find out if Hinge Health is the right fit for you
hinge.health/denso
or call (855) 902-2777

Eligibility to receive yoga mat is based on the program in which you are placed. Participants must be 18+ and enrolled in <a/an> <clientname> benefit plan. <Express Scripts and the E Logo are trademarks of Express Scripts Strategic Development, Inc. Source: Hinge Health 2017-2019 Outcomes Analysis>.

* In a study of chronic knee and back program participants. Bailey JF, et al. Digital Care for Chronic Musculoskeletal Pain: 10,000 Participant Longitudinal Cohort Study. J Med Internet Res 2020;22(5):e18250.