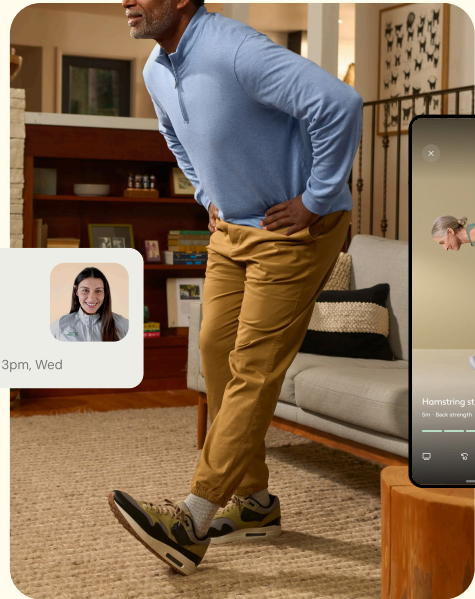




\$0 out of pocket cost to you


Turn your pain into progress

Get back in the game faster. Hinge Health brings virtual physical therapy and more right to your phone.



Video visit

Follow-up consultation



Christynne Helfrich DPT · 3pm, Wed

Strengthen muscles, increase mobility

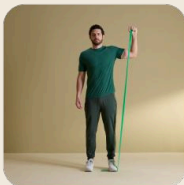
Head-to-toe personalized plans

Focus on your specific joint or muscle pain — whether it's back, knee, shoulder, elbow, pelvic area, or elsewhere.

Browse more exercises >



Stretch break from...
8m · Easy



Gentle wrist mobility
5m · Easy



Full b
12m ·

Connect via phone, app, or video

Cohesive care team when you need them

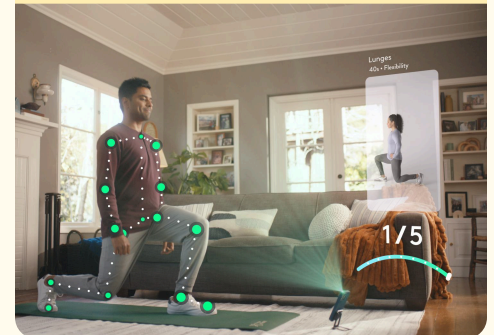
Support your path to pain relief with access to physical therapists, health coaches, and more, when you need them.



3D motion tracking technology

Real-time exercise feedback

Gain confidence in your exercise form with real-time visual cues and audio feedback, right from the app.



Enroll by scanning the QR code or visit:
hinge.health/menshealth

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.

Employees and dependents 18+ enrolled in a qualifying company-sponsored health plan are eligible."