Western Michigan University | Hinge Health

$0 out of pocket cost to you

June is Men's Health Month

Turn your pain into progress

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



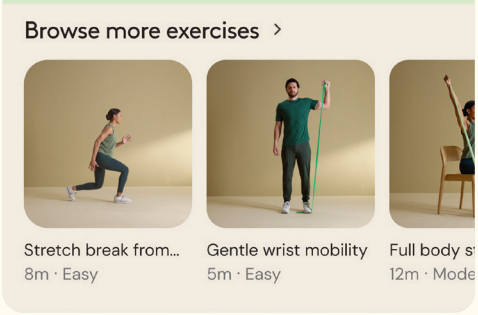
EXCLUSIVELY AT HINGE HEALTH

Get Enso®.* And get pain relief at home, at work, and on the go.

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.



Connect via phone, app, or video

Cohesive care team when you need them

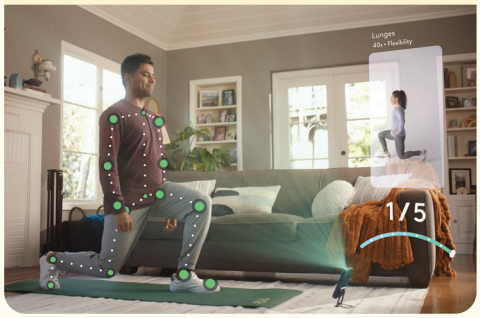
Support your path to pain relief with access to physical therapists, health coaches, and more, when you need them.



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/westernmichigan-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.

***Eligibility to receive a Hinge Health Enso is based on the program in which you are placed, fulfillment of clinical eligibility criteria, and completion of a qualifying number of exercise therapy sessions.**

Faculty, staff and dependents 18+ enrolled in a Blue Cross and Blue Shield of Michigan medical plan are eligible. The Virtual Muscle and Joint Health Program is included with your Blue Cross Blue Shield of Michigan benefits. Blue Cross Blue Shield of Michigan is a nonprofit corporation and independent licensee of the Blue Cross and Blue Shield Association.

El profesorado, el personal y los dependientes mayores de 18 años inscritos en un plan médico de Blue Cross y Blue Shield of Michigan son elegibles. El Programa Virtual de Salud Muscular y Articular está incluido en sus beneficios de Blue Cross Blue Shield of Michigan. Blue Cross Blue Shield of Michigan es una corporación sin fines de lucro y licenciatario independiente de la Blue Cross and Blue Shield Association.