UT SELECT

BlueCross BlueShield of Texas | Hinge Health

Take control of your chronic pain this year

Chronic pain may feel like a losing battle - but it doesn't have to be. Hinge Health is an innovative digital therapy program designed to help to you conquer your back or joint pain, without drugs or surgery. Best of all, it's free for you as part of your UT Benefits.

The average program participant reports a 60% reduction in pain, and over half report overcoming their anxiety or depression.

"I've battled with depression. It's a vicious cycle of pain, stiffness, and isolation. Then comes along Hinge Health. I'm doing things that I used to say 'no' to because of knee pain." -Hinge Health participant

For more information call (855) 902-2777, or apply at:

HINGEHEALTH.COM/UTWELLNESS

Eligibility: Must be 18+ and enrolled in a BCBSTX UT Medical Plan