

Unpacking Pain

Contributing Factors & Getting Support

What activities do you want to do more of that pain may be limiting?

Drop your answers in the chat! 👇

Meet Kelly R.Senior Hinge Health Coach since 2020



- Nationally Board Certified Health and Wellness Coach and Certified Fitness instructor
- I enjoy cooking healthy recipes, spending time with family and dogs, and trail running.

© Hinge Health Confidential

3

Agenda

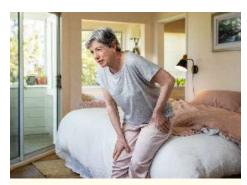
Pain and the factors that affect your experience

Exercise therapy as a keystone habit

Program Offerings

How to get started

What is pain and why does it occur?



Real and can fluctuate



A protective mechanism that can overprotect



Complex and unique to you

Contributing factors to pain

Interconnection between biology, psychology, & socioenvironment

Biological Injury

Brain changes Medical disability or illness

Social

Traumatic experiences Socioeconomic disadvantages **Environmental stressors**

Psychological

Pain

Learning & memory Depression & anxiety

Your pain backpack

Factors that might contribute to your stress and pain

Examples of things you CAN'T control:

- Socioeconomic environment
- · Illness or Injury
- Depression & anxiety

Examples of things you CAN control:

- · Sleep hygiene
- Nutrition
- Movement



Exercise therapy as a keystone habit

Action

• Tailored exercise therapy program

Anticipated results

- Retrain your response to pain
- Prevent injury and improve long-term pain
- Increased flexibility, strength and range of motion

AND

- Reduced stress and anxiety
- Increased ease of activities you love



Supporting new habit formation

Hinge Health can support through technology, education, and a dedicated care team



Program highlights



Care for everybody and every body part

The Program

- · Designed with evidence-based guidelines
- · Informed by recent literature and research
- · Care for nearly all body parts, from neck to foot



Women's Pelvic Health



Women's Pelvic Health

Supporting women with pelvic disorders at all stages of life, pregnancy, postpartum and menopause

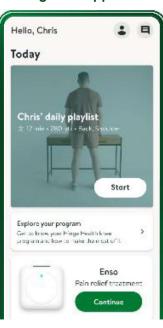
- Care for the unique MSK needs of women across the entire continuum of pelvic floor disorders
- Single platform for care addresses and coordinates care for pelvic health and common co-occurring MSK conditions
- Complete care team includes urogynecologists, women's health coaches and Pelvic Floor PTs for highly specialized care
- Pelvic health education drives awareness and tackles stigma so members get the care they need



Technology highlights

We combine technology with one on one care to deliver a comprehensive and personalized experience

Easy access through one app

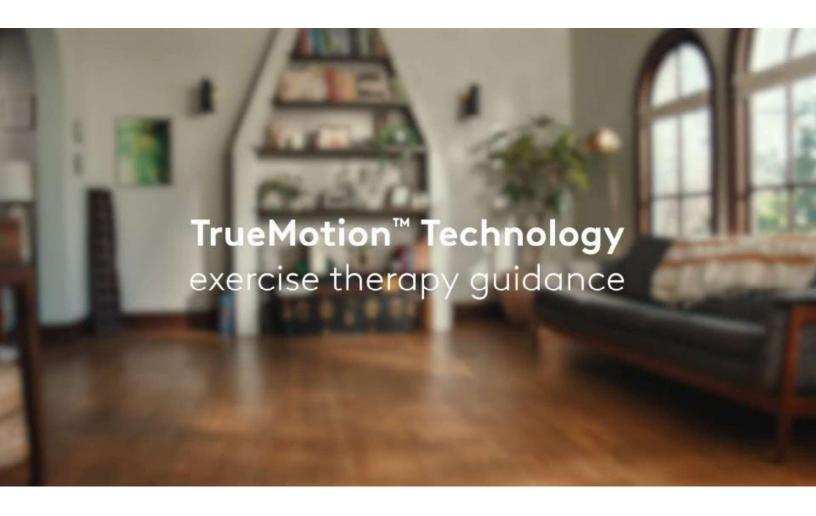


Guided exercises with motion tracking



PT-led expert care team





\$0 cost to you

Apply today by visiting hinge.health/kehp

Eligibility: Employees and dependents 18+ enrolled in a KEHP medical plan.

Questions? Email hello@hingehealth.com or call (855) 902-2777.

Hold

2/4 10

