



Department of
Employee Insurance

501 HIGH STREET, 2ND FLOOR
FRANKFORT, KENTUCKY 40601

DEI Memo 22-04

TO: Insurance Coordinators and Human Resource Generalists
FROM: Department of Employee Insurance (DEI)
RE: Hinge Health
DATE: March 1, 2022

The following message is being sent on March 7, 2022, to all health insurance members with an email on file in KHRIS.

The Kentucky Employees' Health Plan (KEHP) has expanded benefits to now include Hinge Health, a digital physical therapy program to support back, muscle, and joint health.

Hinge Health gives you the tools you need to conquer back and joint pain, recover from injuries, prepare for surgery, and stay healthy and pain free. Hinge Health programs are **available to you and your eligible dependents at no cost**. Plus, you can complete your customized care plan anywhere, any time.

Be on the lookout for emails directly from Hinge Health (hello@hingehealth.com) in the coming weeks, with an invitation to apply to the program. If you would like to get started now, [click here and apply today!](#)

If you have any questions, contact Hinge Health at (855) 902-2777 or hello@hingehealth.com.