



Regence 

 Hinge
Health

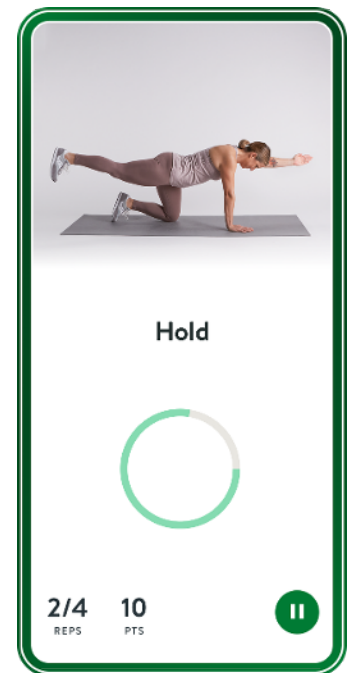
Ready, set, enroll!

Open enrollment is here.

Join Hinge Health for exercise therapy without leaving home. No copays. No office visits. Reduce your back and joint pain in just 15 minutes a day. Best of all, there's no cost to you — your Hinge Health benefit is 100% covered by Regence BlueShield of Idaho.

Join Hinge Health to:

- Overcome pain or limited movement
- Recover from a recent or past injury
- Keep your joints healthy and pain free



Scan the QR code to join the waitlist!

hinge.health/idaho-oe

Questions? Call (855) 902-2777

Employees and dependents 18+ enrolled in a State of Idaho medical plan through Regence are eligible. Regence BlueShield of Idaho is an Independent Licensee of the Blue Cross and Blue Shield Association. Hinge Health® is a separate and independent company that provides digital MSK services for Regence members.

Hinge Health está disponible en español

Alivia los dolores articulares y musculares y previene las lesiones con tus beneficios de salud gratuitos. Únete ahora.