

Get real-time feedback to guide your moves

Access virtual physical therapy with instant form feedback in the Hinge Health app. It helps you do your exercises confidently and safely, so you can get relief from joint and muscle pain.

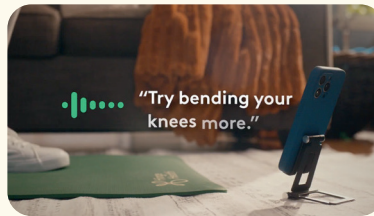


\$0
cost to you



3D motion visualization

Tracks your form so you can complete your exercises with confidence.



Clear audio feedback

Lets you adjust your form in real-time with advanced motion tracking technology.



Personalized care

Allows your care team to monitor your progress and tailor your program to you.

Get virtual physical therapy and more.
Scan the QR code or visit:
hinge.health/prism-feedback



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.

We don't record or store exercise session data without your consent.

Employees and family members 18+ on a PRISM medical plan through Anthem or BCBS of California are eligible.

Los empleados y familiares usuarios mayores de 18 años con un plan médico PRISM a través de Anthem o BCBS de California son elegibles.