

# Aetna® Back and Joint Care program

Back and joint health benefits at no additional cost

**Musculoskeletal (MSK) issues are widespread and debilitating. They can cause significant pain, reduce quality of life and contribute to lost time at work. Fortunately, there are ways to treat these conditions that don't always need surgery.**



## Manage chronic back and joint pain through a partnership with Hinge Health

Digital exercise therapy can help with chronic back and joint pain. Digital therapy:

- Employs a 12-week program delivered via tablet and/or sensors/computer vision, supported by one-on-one health coaching and a physical therapist
- Provides more ease-of-use and engagement compared to in-person office therapy



## Engage with a physical therapist virtually for more recent MSK issues

- Help alleviate acute musculoskeletal pain
- Get up to six virtual visits
- Access our exercise therapy program via app



## Avoid common MSK conditions through our wellness program

Our program is a customized digital solution. It can help prevent common job-related MSK conditions.

Program offerings:

- Solutions developed and delivered through the Hinge Health app
- Features guided exercises and stretches to ease physical strain
- Provides individually tailored programs based upon your job and level of fitness

**Available in Spanish:** Hinge Health features a Spanish call out to highlight Spanish language availability, and landing pages automatically present Spanish content for members with Spanish language preferences.



## Getting started

The Aetna Back and Joint Care program is included on your member website. It has a direct connection to the Hinge Health online screener.

The clinical screener ensures that the program is suitable for your condition.

[www.hingehealth.com/find/aetna/](http://www.hingehealth.com/find/aetna/)



**To learn more:  
Visit the Aetna Back and Joint Care Support Center**

Available to eligible members 18 years and older.

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