What is Hinge Health?

We give you access to a virtual physical therapy program in the Hinge Health app for pain relief.

Is Hinge Health for me?

Hinge Health is for every body living with joint or muscle pain. Recover from injuries, improve your mobility, and so much more.

What does my program include?

- A personal care plan to help you treat multiple pain areas with one program.
- Dedicated support from your care team to reduce pain and improve mobility.
- Convenient sessions that you can do anywhere, anytime with the Hinge Health app.

Who is on my care team?

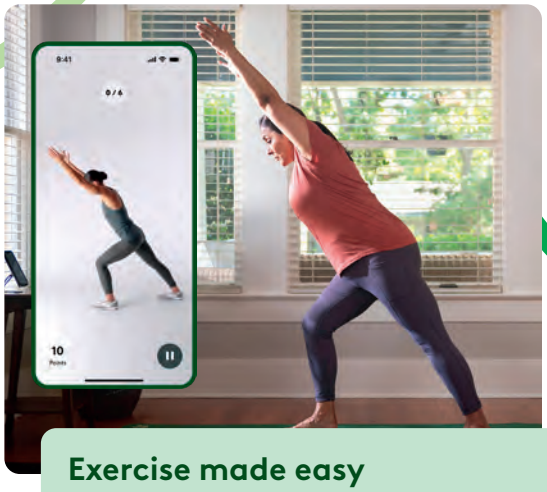
Your care team may include a physical therapist and health coach. Easily connect with them in the app if you need support, or have questions.

How much does the program cost?

Hinge Health is covered by employers and health plans for eligible members with qualifying health conditions. Your employer or health plan covers 100% of the cost of your program.

Who is eligible?

Employees and dependents 18+ enrolled in an Aristocrat Technologies Aetna medical plan are eligible.



Exercise made easy

Do your exercises anywhere, anytime when it works for you.



Support from your care team

Get help to reduce pain, recover from an injury, prepare for surgery, and more.

To learn more and apply, scan the QR code or visit

hinge.health/aristocrattechnologies

Questions? Call (855) 902-2777

Hinge Health está disponible en español
Alivia los dolores articulares y musculares y previene las lesiones con tus beneficios de salud gratuitos.

Los empleados y sus dependientes mayores de 18 años inscritos en un plan médico de Aetna de Aristocrat Technologies son elegibles.

Employees and dependents 18+ enrolled in an Aristocrat Technologies Aetna medical plan are eligible.