

Email message — May 24, 2021

TO: State Health Benefits Program (SHBP) and School Employees' Health Benefits Program (SEHBP) Certifying Officers, Human Resources Representatives, and Benefit Administrators

FROM: New Jersey Division of Pensions & Benefits (NJDPB)

SUBJECT: Hinge Health – An SHBP/SEHBP Solution for Tightness in Employees' Back, Knees, Hip, Neck or Shoulders

Please share the following information and attached flyer with your staff.

If your employees are currently suffering from back or joint pain — Hinge Health can help. Hinge Health is a new benefit available to our SHBP and SEHBP members at no out-of-pocket cost.

How does Hinge Health work?

Members fill out a short questionnaire and Hinge Health will create a treatment plan based on their needs. Hinge will send the equipment straight to the member's door, and they will spend 10-15 minutes a few times a week doing exercises and stretches using the Hinge Health app.

Who is this program for?

If members have pain, limited movement, or discomfort in their back, knee, hip, neck, or shoulder, Hinge Health can help.

How much does it cost?

Hinge Health is available at no out-of-pocket cost to members through the SHBP/SEHBP health plans.

Does it actually work?

Yes. Clinical studies have shown that people using Hinge Health reduced their pain by 69%, cut symptoms of depression and anxiety in half, and avoided two out of three surgeries.

What are you waiting for? Learn more and get started so you can get back to doing the things you love with the people you care about. [Learn more about Hinge Health Today!](#)

DISTRIBUTION OF THIS MESSAGE

Certifying Officers should make this information available to their employees, and forward this message to their Human Resources staff, benefit administrators, and any other staff members responsible for the administration of pension and benefits for employees.

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Do not reply to this email message or mailbox. Incoming messages cannot be received. If you have questions or concerns about the content of this message, contact the New Jersey Division of Pensions & Benefits at: pensions.nj@treas.nj.gov or go to <https://www.state.nj.us/treasury/assets/contact/pensions/contact-pensions.shtml>