



Find your balance with Hinge Health

DESIGNED FOR AGES 65+

Staying active is key to a healthy lifestyle — especially as we age. That's what the Balance Program from Hinge Health is all about.

The older we get, the more challenges we face with **balance, strength, and flexibility.**

Exercise therapy from Hinge Health can help you overcome those challenges by strengthening your leg and core muscles. This can help prevent falls and injuries so you can keep doing the things you love.

Better balance starts here

Best of all, this program is provided through your Blue Cross of Idaho Medicare Advantage plan or True Blue Special Needs plan (HMO D-SNP). This program is provided **at no additional cost to you** and includes:



Virtual visits with Hinge Health physical therapists



A personalized program that meets your unique needs



Guided in-app exercises you can do in 15 minutes or less

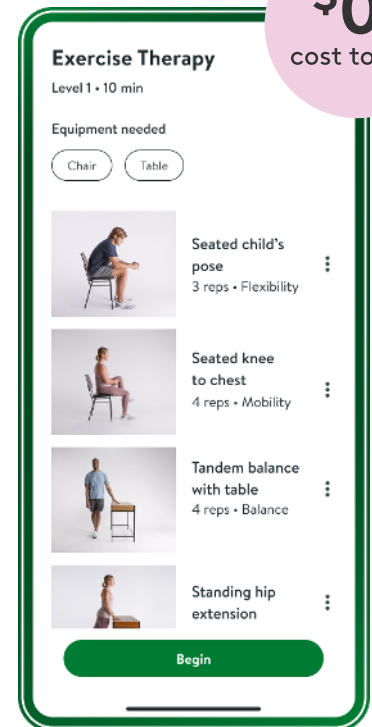


Scan the QR code to learn more or apply at hinge.health/bcimedicare



\$0

cost to you



Need help?

Call (855) 902-2777 (TTY: 711) to talk to a real person.

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.

Members enrolled in a Blue Cross of Idaho Medicare Advantage plan are eligible.

On behalf of Blue Cross of Idaho CarePlus, Inc., Hinge Health®, an independent company, administers the digital musculoskeletal (MSK) services program to eligible Medicare Advantage and True Blue Special Needs Plan members (HMO D-SNP) as part of the Blue Cross of Idaho CarePlus Inc. MSK+ offering. ©2024 Blue Cross of Idaho CarePlus, Inc. ("Blue Cross of Idaho CarePlus"), an Independent Licensee of the Blue Cross Blue Shield Association, with services provided by Blue Cross of Idaho Health Service, Inc. Powered by Blue Cross of Idaho, CarePlus, Inc.

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

Medicare has neither reviewed nor endorsed this information. For up-to-date information about Hinge Health virtual exercise therapy programs, including your eligibility, please call customer care at **1-855-902-2777 (TTY: 711)** during normal business hours of Monday–Friday, 6 am–6 pm, Pacific time.