



NEW BENEFIT FOR 2026!

# Make a positive, powerful change in your life

Sign up for Hinge Health, and be a movement person. Get virtual care to reduce everyday joint and muscle aches, recover from injury, relieve pelvic pain and discomfort, and more.

## Specialized care, personalized for you

- **1-on-1 support**  
From a physical therapist or health coach.
- **A care plan**  
Designed by your physical therapist for your everyday activities and busy life.
- **All costs covered**  
You earned Hinge Health benefits through Oakland County. **There's \$0 cost to you.**

Join the waitlist. Get notified first when enrollment opens.

Scan the QR code or visit:

[hinge.health/oakgov-join](https://hinge.health/oakgov-join)



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.

**\$0**  
cost to you



Employees and dependents 18+ enrolled in a Blue Cross and Blue Shield of Michigan medical plan through Oakland County are eligible. The Virtual Muscle and Joint Health Program is included with your Blue Cross Blue Shield of Michigan benefits. Blue Cross Blue Shield of Michigan is a nonprofit corporation and independent licensee of the Blue Cross and Blue Shield Association.