



Introducing virtual and in-person care for joint and muscle pain

Struggling with a sore back, stiff neck, or other pain can be frustrating. But finding care, getting referrals, and understanding your costs at the same time is overwhelming.

That's why Hinge Health now brings together everything you need to treat your pain — all accessible in one app.

Complete care that works for every body

Fully covered by SISC so there's no or low cost to you.*



Start treating your pain immediately

Sign up for virtual physical therapy and more, including personalized exercises you can do at home in as little as 15 minutes.



Book with an orthopedic specialist

New! Book a virtual visit to get a timely evaluation, diagnosis, and care plan. No referral necessary.



Get in-person care

New! Schedule X-rays, MRIs, injections, physical therapy, and more with local providers we vet for you.*

New!



For more information about your benefit, scan the QR code or visit:

hinge.health/sisc-oneapp

Available for free to employees, dependents 18+, and pre-65 retirees enrolled in an Anthem PPO, Blue Shield PPO, or SISC Proactive Care Plan with SISC as their primary insurance.

*Virtual physical therapy and virtual specialist visits are available at no cost to the member. For in-person care and services, members may have a cost share if they are on a high deductible plan and have not met their deductible, or if they see a non-HingeSelect provider.

Hinge Health está disponible en español

Alivia los dolores articulares y musculares y previene las lesiones con tus beneficios de salud gratuitos.