



ValidationInstitute

2023 Validation Report

Review for: Hinge Health
Validation Achieved: Savings
Valid through: May 2024



Company Profile



Category:	Musculoskeletal Management
Website:	https://www.hingehealth.com/
Public or Private:	Private
Year Established:	2015
CEO:	Daniel Perez
Company contact:	Dr. Grace Wang research@hingehealth.com

Description:

Hinge Health is creating a new health care system, built around you. Accessible to more than 25 million members across 1,250 customers, **Hinge Health** is the #1 digital clinic for joint and muscle pain. We pair motion tracking technology and wearable pain relief with a complete clinical care team to help people move beyond pain, reduce surgeries and opioid use. Four in five health plans and employers with a digital MSK solution trust Hinge Health.





Claim Assertion for Validation

Hinge Health users have lower two-year medical costs for musculoskeletal (MSK) care than similar people getting care for the same conditions elsewhere. The cost difference between Hinge Health users and matched non-users stems from lower use of high intensity care (surgery, injections, emergency room visits), imaging, office visits, and therapy (physical, occupational, chiropractic, and massage).



Method / Calculation / Examples

Hinge Health users were included in the analysis if they:

- Used the Hinge Health program in 2018
- Could be matched to a similar non-user

Matching was done based upon the following factors:

- Baseline total health care costs (Baseline period was 12 months before first use of Hinge or before MSK health care use)
- Baseline MSK care-related costs
- Gender
- Age, and
- Employer

Users and non-users had 24 months of continuous enrollment in their health plan – 12 months before and 12 months after MSK care. A total of 374 Hinge Health users were matched to 374 non-users. The change in MSK-related medical costs per person was calculated for each group; subtotals for high intensity care (surgery, injections, emergency room visits), imaging, office visits, and therapy were calculated. The percentage of users and non-users who had one or more claims for target services was also calculated. Target services were surgery, injections, ER visits, imaging, office visits, and therapy.

Findings & Validation

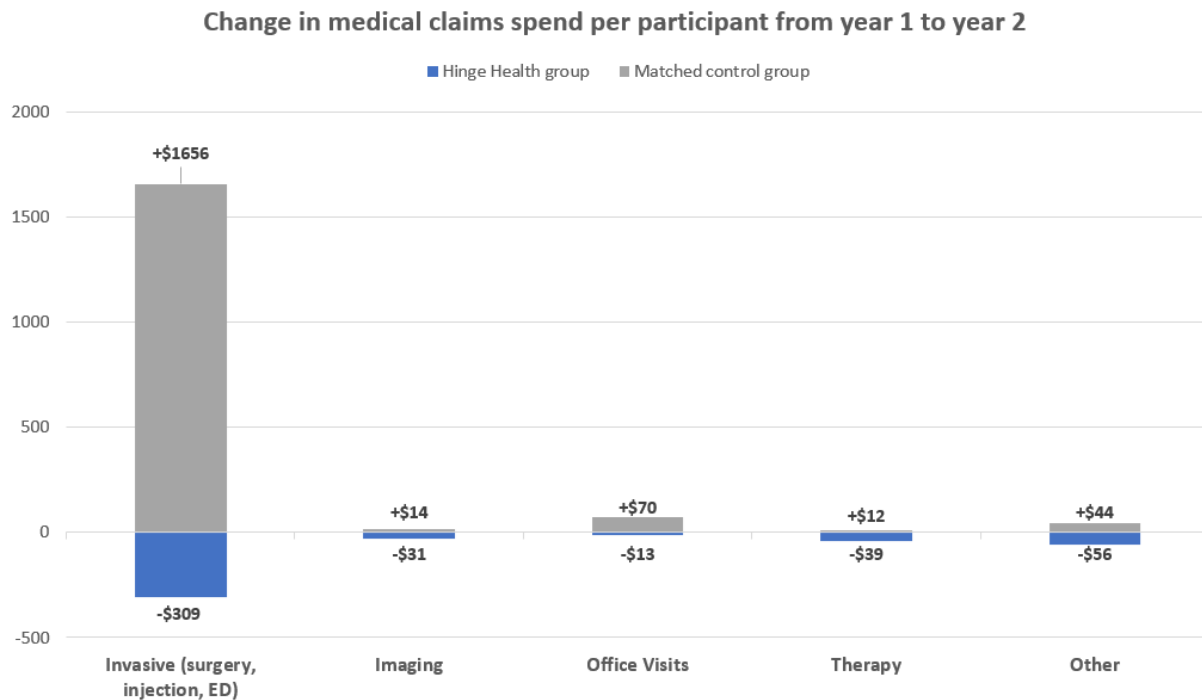


Chart 1 shows the change in per participant medical claims spend from baseline to the following 12 months. It breaks down the components of the total MSK spend and the change in each. Over 2 years, MSK medical claims spend was \$2244 less per Hinge Health participant compared to the matched control group. These results are statistically significant and include all MSK-related invasive procedures (surgery, emergency room, injections), imaging, office visits, therapy, and other. The majority of the difference (88.88%) between Hinge Health participants and matched control group stems from lower use of surgery, injections, and emergency room visits.

Findings & Validation

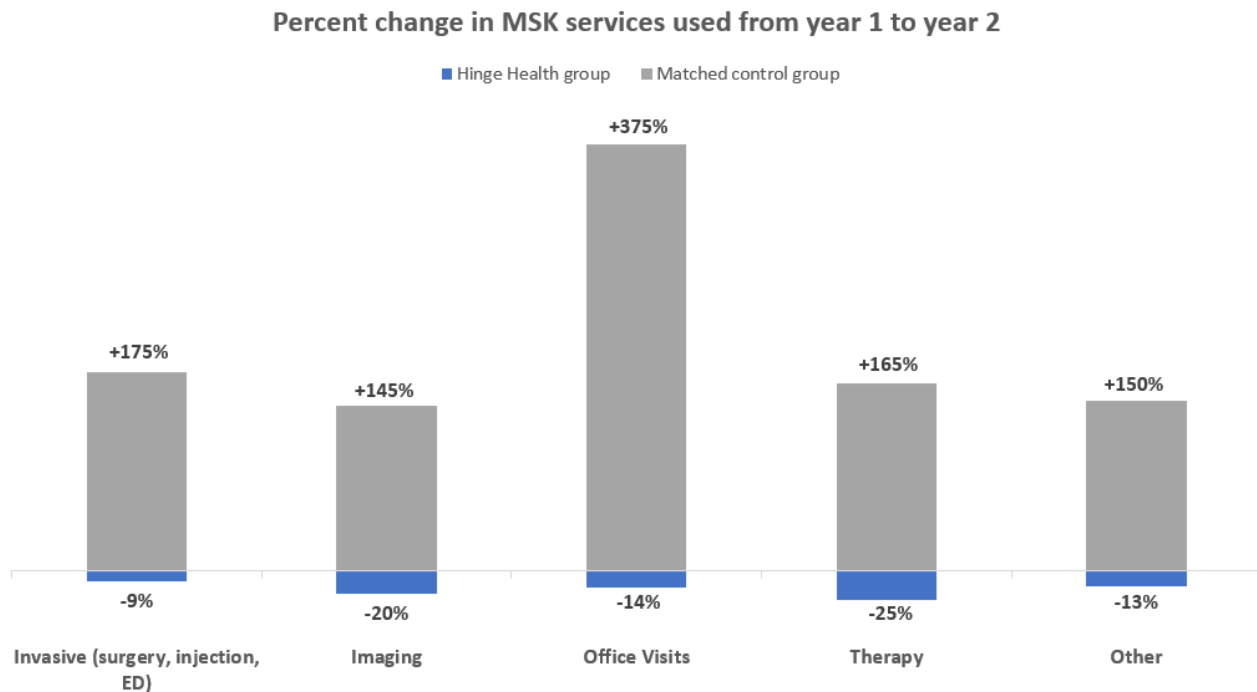


Chart 2 shows the change in per participant utilization between the two groups' use of surgery, imaging, therapy, office visits, and other from baseline to the following 12 months. It shows the percentage of participants who had at least one claim for the target service. For each service, the difference was significant between Hinge Health participants and the matched control group. The percent of Hinge Health participants using the targeted services decreased in each service from year 1 to year 2. In year 2, there were 68.7% fewer Hinge Health participants undergoing invasive procedures than the matched control group.



Limitations

Users voluntarily enrolled in Hinge Health. Though the matching took into account several factors, users may have some unmeasured factor that made their results favorable.

While Hinge Health participants demonstrated a decrease in total MSK spend, additional research would be needed to determine whether total MSK spend would decrease for a whole population including both participants and non-participants of Hinge Health.





Validation and Credibility Guarantee

Hinge Health has achieved Savings validation. Validation Institute is willing to provide up to a \$25,000 guarantee as part of their Credibility Guarantee Program. To learn more, visit <https://validationinstitute.com/credibility-guarantee/>

Savings

Can reduce health care spending per case/participant or for the plan/purchaser overall.

Outcomes

Product/solution has measurably moved the needle on an outcome (risk, hba1c, events, employee retention, etc.) of importance.

Metrics

Credible sources and valid assumptions create a reasonable estimate of a program's impact.

Contractual Integrity

Vendor is willing to put a part of their fees "at risk" as a guarantee.





Validation Expiration: May 2024

CERTIFICATE OF VALIDATION

Applicant:

Hinge Health

465 California St., 14th Floor
San Francisco, CA 94104

Claim:

Hinge Health users have significantly lower costs for MSK care than similar, matched non-users.

Validation Achieved:

Validated for Savings

Award Date:

May 2021

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Validation Institute

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About Validation Institute

Validation Institute is a professional community that advocates for organizations and approaches that deliver better health value - stronger health outcomes at lower cost. We connect, train, and certify health care purchasers, and we validate and connect providers delivering superior results. Founded in 2014, the mission of the organization has consistently been to help provide transparency to buyers of health care.

Validation Review Process

Validation Institute has a team of epidemiologists and statisticians who review each program. The team focuses on three components:

- Evidence from published literature that a similar intervention had similar results.
- The reliability and credibility of the data sources.
- The rigor of the approach to calculating results.

To achieve validation, the program has to satisfy each of these components. VI's team then summarizes the review into a report which is publicly available. Details of VI's review are available with the program's permission.

