

Aetna® Back and Joint Care Program

Benefit for your back and joint health at no additional cost

MSK issues are widespread and debilitating, potentially causing significant pain, reduced quality of life and lost time at work. Fortunately, there are ways to treat these conditions that don't always need surgery.



Manage chronic back and joint pain through a partnership with Hinge Health

Digital exercise therapy can help with chronic back and joint pain. Digital therapy:

- Employs a 12-week program delivered via tablet and sensors and is supported with one-on-one health coaching and a physical therapist
- Provides more ease-of-use and engagement compared to in-person office therapy



Engage with a physical therapist
virtually for more recent MSK issues

- Help alleviate acute musculoskeletal pain
- Get up to six virtual visits with a Hinge Health physical therapist
- Access our exercise therapy program via app



Avoid common MSK conditions
through our wellness program

It's a customized digital solution that can help prevent common job-related MSK conditions. Our program:

- Employs solutions developed and delivered through the Hinge Health app
- Features guided exercises and stretches to ease physical strain
- Provides individually tailored programs based upon the member's job and level of fitness



To learn more:

Visit the Aetna Back and Joint Care Support Center

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Getting started

The Aetna Back and Joint Care program is included in the Aetna Health member web portal, with direct connection to Hinge Health online screener.

The clinical screener ensures that the program is suitable for your condition.

Get started now



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