



IBEW 125 - PGE HEALTH & WELFARE TRUST



July 17, 2026

To: Plan Participants

From: Board of Trustees of IBEW 125-PGE Health and Welfare Trust

Re: Hinge Health Benefits

The Board of Trustees are excited to let you know about Hinge Health, this benefit is available to eligible employees and dependents 18+ enrolled in a Regence Bluecross Blueshield of Oregon medical plan. Hinge Health provides access to a physical therapist and a qualified health coach. You can connect with them via text, email, phone call, or video chat.

Did you know you have access to a personalized care plan and coaching to help accomplish your health goals related to musculoskeletal (back, muscle, and joint) health at no cost to you?

Hinge Health, a digital exercise therapy clinic, has programs designed to treat muscle and joint pain from head to toe - including back, knee, elbow and more.

Whether you're hoping to overcome nagging pain, recover from recent injuries, prepare for surgery, or find new strategies to stay healthy and pain free, Hinge Health will assess your condition and match you to a care team to help personalize your treatment to you.

Their programs are available to you and your eligible 18+ dependents at no cost. Plus, you can complete your customized care plan anywhere, any time.

Hinge Health will be sharing more details about their programs and how to sign up in the coming weeks. In the meantime, see how Hinge Health can help you at: hinge.health/enroll-today.

If you have any questions, contact Hinge Health at (855) 902-2777 or hello@hingehealth.com.

Sincerely,

IBEW 125-PGE Health and Welfare Trust & Hinge Health