



Relief may be closer than you think

If you're struggling with muscle or joint pain, these resources are designed to help, and they're included in your health plan at no additional cost.



Musculoskeletal (MSK) support resources available to you



Hinge Health

Try Hinge Health for virtual exercise therapy to help ease joint and muscle aches, recover from an injury, relieve pelvic pain and more. The program also includes unlimited 1-on-1 health coaching and motion-tracking technology for instant form correction.

To learn more and enroll, visit hinge.health/dukeenergy.



2nd.MD

Before you start treatment, it may be a good idea to get a second opinion. Connect directly with board-certified, leading doctors for an expert medical consultation via phone or video.

To schedule an appointment, go to 2nd.MD/dukeenergy or call **1-866-269-3534**.



Specialist Management Solutions (SMS)

Facing surgery or a medical procedure? SMS can provide guidance, help locate network care and support you throughout the process. Program enrollment is required for inpatient surgery.

To complete your required enrollment, call myHealth Connect at **1-877-214-2930** and ask about SMS.

Learn more

Call myHealth Connect at **1-877-214-2930**

Watch Hinge Health member stories at hingehealth.com/resources/testimonials/

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This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through the nurse support service is for informational purposes only and provided as part of your health plan. The nurse cannot diagnose problems or recommend treatment and is not a substitute for your doctor's care. Please discuss with your doctor how the information provided is right for you. Your health information is kept confidential in accordance with the law. This nurse support service is not an insurance program and may be discontinued at any time.

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