City National Bank | Hinge Health®

Your partner for pain relief

With Hinge Health, you can get virtual physical therapy and more from real people who are dedicated to helping you feel your best.

Specialized care, personalized for you

Reduce everyday joint and muscle aches. Recover from an injury. Relieve pelvic pain and discomfort.

- A care plan designed for your everyday activities and long-term goals - and to treat multiple areas of your body at once
- Access exercise therapy sessions you can do in as little as 15 minutes - anytime, anywhere with the Hinge Health app
- Get 1-on-1 support from a physical therapist or health coach to tailor your sessions as needed and help you reach your goals
- Access to Hinge Health Enso® a non-addictive, FDA-cleared wearable device to calm and soothe pain flare-ups in minutes



Scan the QR code or visit:

hinge.health/citynationalbank-join

Please use the default camera on your device to scan the QR code, not a third-party application. If you are directed to a site other than the URL listed above, do not proceed.



A HINGE HEALTH EXCLUSIVE

Meet Enso

The small device for pain relief on-the-go.

Hinge Health está disponible en español

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

*Eligibility to receive Hinge Health Enso is based on the program in which you are placed, fulfillment of clinical eligibility criteria, and completion of a qualifying number of exercise sessions.

Colleagues and dependents 18+ enrolled in an Anthem medical plan through City National Bank are eligible.

Colegas y dependientes mayores de 18 años inscritos en un plan médico de Anthem a través de City National Bank son elegibles.