

State of Alaska, Department of Administration
 Division of Retirement and Benefits

AlaskaCare Employee Health Plan Amendment	Number: 2021-02
	Effective Date: July 15, 2021
Amended and Additional Provisions: Amends: 1) AlaskaCare Claim Administrator – Contact Information 2) Section 16 Definitions Adds: 1) Section 3.5.35 Hinge Health Benefits	Review Date: July 13, 2021
	Distribution: Commissioner Division Director Chief Health Administrator Health Operations Manager Deputy Health Official Vendor Manager Appeals Supervisor Eligibility Manager Communications Supervisor Legal Counsel TPA File

The State of Alaska provides, by means of self-insurance, health benefits covering each eligible employee of the state and their dependents, unless exempted under regulation adopted by the Commissioner of Administration. Such benefits are set forth in the *AlaskaCare Employee Health Plan* (the “Plan”). Under authority of AS 39.30.090-098, the Commissioner of Administration hereby amends the Plan as follows:

Section 1 Amended Provisions

- 1) Amends **AlaskaCare Claim Administrator – Contact Information** to add the following language:

Musculoskeletal Digital Clinic: Hinge Health Enrollment Services: (855) 907-2777 www.hingehealth.com/AlaskaCare	
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- 2) Amends **Section 16 Definitions** to add the following language:

Musculoskeletal	Musculoskeletal refers to the muscles, nerves, tendons, joints, cartilage, or spinal discs.
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Section 2 Added Provisions

1) Adds new **Section 3.5.35 Hinge Health Benefits** with the following language:

3.5.35 Hinge Health Benefits

3.5.35.1 Hinge Health Services

The Hinge Health Digital Clinic provides you additional care and treatment programs for **musculoskeletal** conditions. Hinge Health services and equipment provided through an approved program of care are not subject to a **deductible, coinsurance, or copay**. The plan covers 100% of the cost for approved services received through Hinge Health. Any medical services for **musculoskeletal** conditions performed by anyone other than a Hinge Health provider are subject to coverage limits and other terms of the **medical plan**.

Areas eligible for treatment through Hinge Health include: neck/upper back, shoulder, elbow, lower back, forearm, hip, wrist, hand, thigh, knee, shin, calf, ankle, and foot. Prior to beginning a program of care, Hinge Health will perform a clinical suitability evaluation.

Hinge Health programs include:

- 1) Prevention – designed to increase education regarding strengthening and stretching exercises and healthy habits.
- 2) Chronic – designed to address long-term back and joint pain.
- 3) Acute – designed to address recent **musculoskeletal** injuries.
- 4) Surgery – designed to support pre- and post-surgery rehabilitation for common **musculoskeletal** surgeries.

Hinge Health programs may include the following services or equipment as appropriate:

- a) Tablet computer
- b) Wearable sensors
- c) ENSO High Frequency Impulse Therapy™ pain management device
- d) Live virtual sessions with a licensed physical therapist
- e) Software guided rehabilitation
- f) 1:1 access to a personalized health coach
- g) Personalized educational content delivered via the Hinge Health software application or website

For applicable Hinge Health programs, members may obtain up to six virtual physical therapy sessions before an in-person healthcare provider or physical therapy care visit is required.

Services and equipment covered in this section are only considered covered services when offered through the Hinge Health program. All other plan exclusions apply.

