

Solving Chronic Pain for an On-the-move Workforce

US Foods case study

Driving & Chronic Pain

Garry is 52 year old Beverage Chemical Manager at US Foods. He was on the road driving 4,000 miles a month, often struggling to get out of his car from the pain. His doctor recently told him he would eventually need a double knee replacement. The pain started 30 years ago when he had a serious motorcycle accident, tearing 3 of the 4 ligaments in his knee. After the accident, he developed chronic knee pain.

Reaching Goals with 1-on-1 Coaching

Garry refused to let his pain limit his lifestyle. He started the Hinge Health program offered through US Foods, and set a goal with his health coach: being able to jump across rocks while fishing without worrying about pain or injury. Within two weeks, he felt a difference in the way he walked and the pain he felt. Garry is now back to hiking long distances and rock climbing like he used to over 30 years ago.



“ I know I’m not going to have surgery because of what I learned at Hinge Health.

Garry T.
Knee program user



Industry: Food Distribution/Transportation

Covered Lives: 40,000

Musculoskeletal (MSK) Challenges:

- Employs over 7,000 drivers who off-lift over 40,000 lbs of food off their truck on a daily basis
- Predominantly male and highly dispersed workforce that was difficult to engage
- MSK was the #1 cost driver

Turnkey Implementation

Hinge Health rolled out a surround sound enrollment campaign to US Foods employees. There was high demand and enrollment quickly spread by word of mouth. Hinge Health’s digital solution delivered all 3 pillars of best-practice back and joint pain care:

1. Exercise therapy guided by wearable sensors
2. Behavioral health with 1-on-1 coaching
3. Education

“ Hinge Health exceeded our expectations with ease of implementation and member engagement.”

Joe Toniolo
Sr. Director Health & Welfare Plans

Life-Changing Outcomes



90%
weekly engagement

for participants that completed the program

4x better
pain reduction

compared to opioids



↓ 48%

reduction in depression

2 out of 3

surgeries AVOIDED



See a demo of the Hinge Health program

www.hingehealth.com/overview-transportation