



How to prevent injuries on the job

5 tips for healthy habits and injury prevention:



Dedicate time to exercise

Enjoy hiking? Hitting the gym? Cycling? Dedicating time for exercises you love helps you stay consistent. Regular physical movement is one of the best ways to prevent injuries!



Take breaks

Lifting while tired can put you at risk for injury, so be sure to take breaks. Breaks can be as long as 15 minutes or as short as a 15-second breather.



Keep objects close to your body

Lifting heavy objects away from you can triple the amount of strain on your muscles and joints. Keeping heavy objects close to your body provides better support and reduces strain.



Build small healthy habits

Big changes start small. Start by building small healthy habits like taking the stairs or making one healthy food swap per week. Work your way up at a pace that feels good to you.



Listen to your body

Move your head from side to side, go up a flight of stairs, or stand straight for a few minutes. Notice any pain? Even if it's minor pain or stiffness, being aware of how your body feels and addressing pain early on can help prevent an injury from getting worse.



Want help with your health journey?

Join Hinge Health today at: hinge.health/stateofmontana

Participants must be 18+ and enrolled in the State of Montana Benefit Plan. *No cost to the eligible State Plan member. There is a cost to participate in a Hinge Health program, but the cost is paid in full by the State Plan. Hinge is reimbursed by the State Plan through the medical claims billing process. The primary plan member will see an Explanation of Benefits (EOB) generated when Hinge submits the claim to BCBSMT and the claim is processed and paid in full by the State Plan.

Los participantes deben ser mayores de 18 años y estar inscritos en el Plan de Beneficios del Estado de Montana. *Sin costo para el usuario elegible del Plan Estatal. Hay un costo para participar en un programa de Hinge Health, pero el costo es cubierto en su totalidad por el Plan Estatal. Hinge es reembolsado por el Plan Estatal a través del proceso de facturación de reclamaciones médicas. El usuario principal del plan verá una Explicación de Beneficios (EOB) generada cuando Hinge envíe la reclamación a BCBSMT y la reclamación sea procesada y pagada en su totalidad por el Plan Estatal.