

MUSCLE & JOINT PAIN PROGRAM FROM HINGE HEALTH

Included **Free** with **Diamond, Platinum, Gold, Silver, Bronze & Cobalt** Health Plan Options

TRANSFORMING THE WAY PAIN IS TREATED

A proven 3-pronged solution as a replacement to surgery, consisting of Exercise Therapy, Behavioral Therapy, and Education. A digital clinic for joint and muscle pain gets people moving and keeps them moving to reduce unnecessary surgeries and opioid use.



PIONEERING CARE - PROVEN RESULTS

68%
LEVEL
OF PAIN
REDUCTION

58%
DEPRESSION
& ANXIETY
REDUCTION

74%
PARTICIPANTS
AVOIDED
SURGERY

23%
OPIOID
USE
REDUCTION

78%
REPORTED
PAIN
REDUCTION

32%
NOT
CONSIDERING
SURGERY

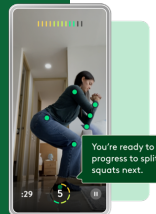
AREAS TREATED

- » Neck
- » Shoulder
- » Elbow
- » Wrist
- » Hand
- » Back
- » Hip
- » Knee
- » Ankle



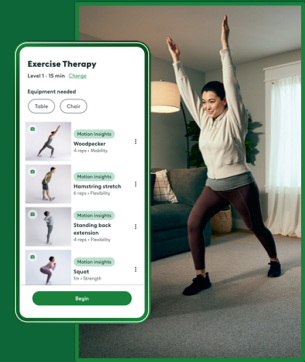
TRUEMOTION® COMPUTER VISION TECHNOLOGY

- » AI Powered full body motion tracking
- » Measuring simple and complex movements
- » Providing real-time audio and visual feedback
- » Monitoring and adjusting care plans automatically



EXERCISE THERAPY

- » Real-Time Feedback & Tracking
- » Unlimited 1-on-1 Coaching
- » Personalized Care Plan
- » 15-Minute Guided Lessons



i **LEARN MORE**
Scan **QR Code**
or Visit **opehw.com**



📱 **OPEH&W APP**
Scan **QR Code** to get
the OPEH&W App



OPEH&W Health Plan
Making Healthy Cheaper

ENSO PAIN RELIEF DEVICE

Included **Free** with **Diamond, Platinum, Gold, Silver, Bronze & Cobalt** Health Plan Options



- » Groundbreaking Wearable Technology
- » FDA Approved
- » Everyday Relief
- » Avoid Drugs or Surgery
- » Non-Addictive & Non-Invasive

ENZO RESULTS

54%
PAIN
REDUCTION

31%
WALKING FUNCTION
IMPROVEMENT

32%
MOBILITY
IMPROVEMENT



GOES WHERE YOU GO

Enso is a small, wireless device that can be applied to multiple body parts to treat mild to intense joint and muscle pain.



A DRUG-FREE APPROACH

Care teams help members understand their pain and meet their goals, while Enso provides the relief needed to continue exercise therapy.



RELIEF IN MINUTES

Using patented waveforms, Enso alleviates both ongoing pain and sudden flares - at home, at work or on the go.

- » Receive gentle pulses to naturally calm and soothe aches, pain, or discomfort.
- » Control using the Hinge Health app by selecting a pain area and increasing or decreasing intensity.
- » Personalized by therapists and health coaches every step of the way, adapting as needs evolve.

