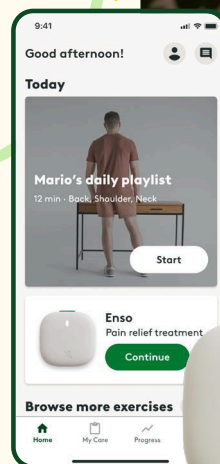


# A complete path to pain relief

When you're in pain, relief can't come fast enough. That's why your Hinge Health program includes Enso, a device designed to reduce pain in just a few minutes.\*

Covered by UNITE HERE Local 11 Health Benefit Fund



## WHAT'S INCLUDED

### Access to Enso and more

Using Enso can help you get the most out of your Hinge Health program, which includes:

- ✓ Convenient exercises you can do from home
- ✓ Access to a physical therapist and health coach
- ✓ A personalized program tailored to your needs

# 2.8x

Enso users were 2.8x more likely to reduce pain than exercise therapy alone.<sup>1</sup>

<sup>1</sup>After 4 weeks, among users who consistently used their devices. Hong M, et al. Effectiveness of HFIT Compared to Traditional TENS in Patients with Chronic Low Back and Knee Pain. J Pain Res. 2024.



Scan the QR code to get started with Hinge Health  
Or visit [hinge.health/unitehere11-getenso](https://hinge.health/unitehere11-getenso)

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.