

# 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

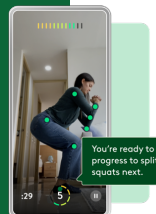
## AREAS TREATED

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



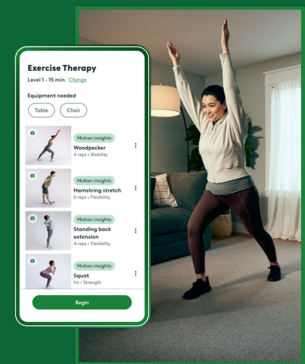
## TRUEMOTION® COMPUTER VISION TECHNOLOGY

- » 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



## LEARN MORE

Scan **QR Code**  
or Visit **opehw.com**



## OPEH&W APP

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



**OPEH&W HealthPlan**  
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.

