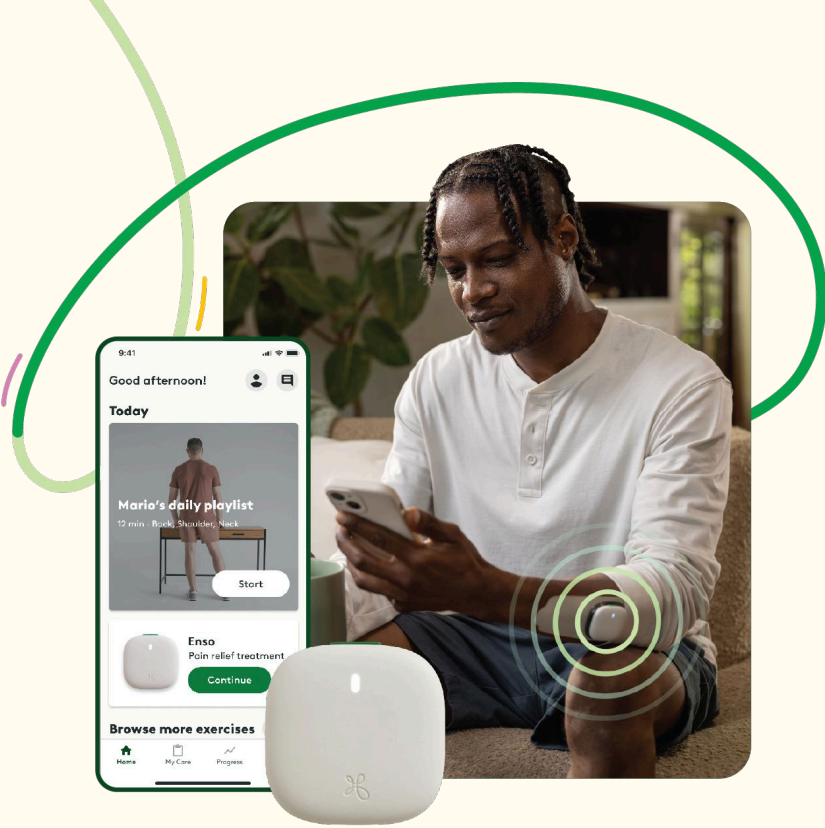


A complete path to pain relief

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 Gates.

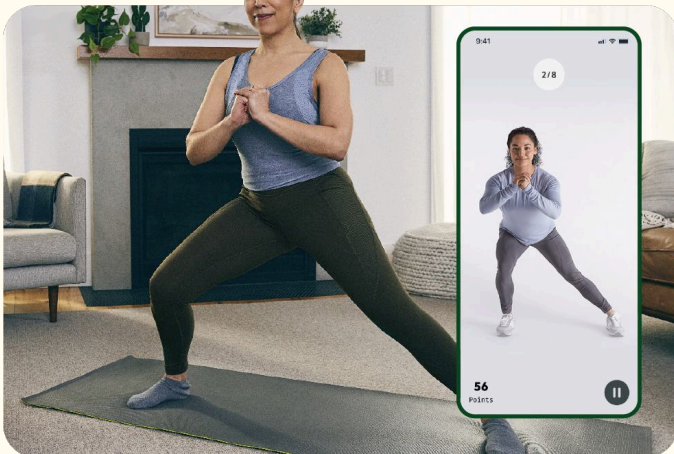


WHAT'S INCLUDED

Access to virtual physical therapy 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.¹

¹After 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/gates-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.

*Eligibility to receive Hinge Health Enso is based on the program in which you are placed, fulfillment of clinical eligibility criteria, and completion of a qualifying number of exercise sessions. Participants must be 18+ and enrolled in a Gates medical plan.
Los participantes deben ser mayores de 18 años y estar inscritos en un plan médico de Gates.