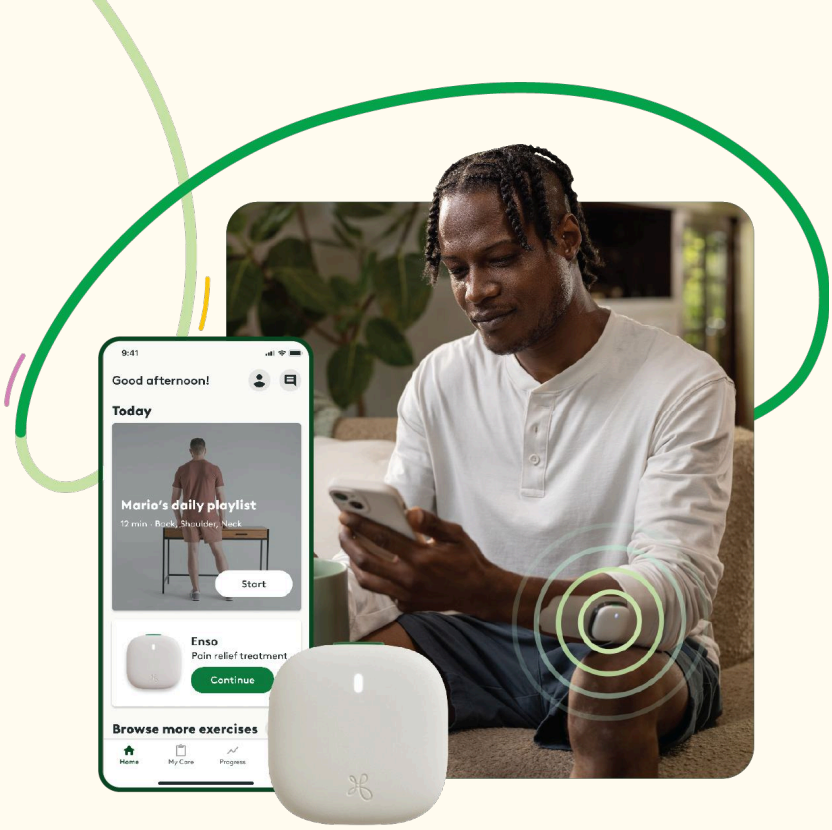
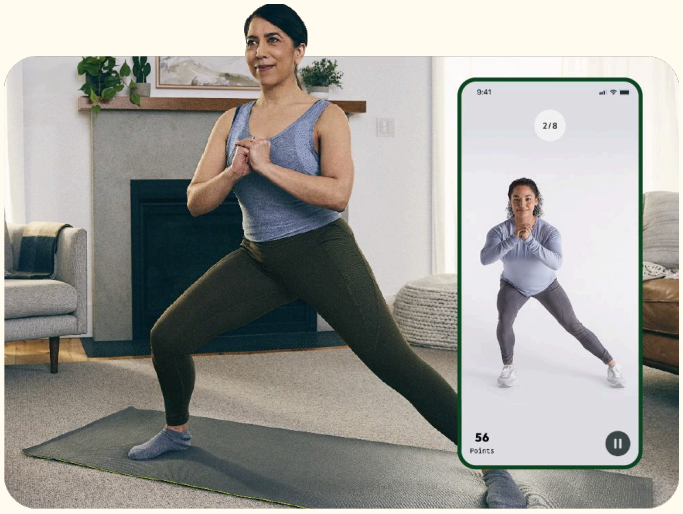
Segal | Hinge Health

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 Segal at no cost to you.





WHAT'S INCLUDED

Access to virtual exercise 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]

[1]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/segalemployer-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.

Employees and dependents 18+ on an Aetna® HDHP or Aetna® PPO through Segal are eligible.

Los empleados y dependientes mayores de 18 años en un Aetna® HDHP o Aetna® PPO a través de Segal son elegibles.