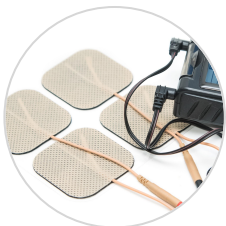


# Enso provides pain relief without drugs or surgery



## **TENS: Low frequency**

- + Decades of proven safety
- Not consistently effective



## **Surgically implanted: High frequency**

- ++ Very effective
- Expensive
- Invasive surgery

## **Alternative to Opioids**

non-addictive and non-invasive

Wearable device, uses patented High Frequency Impulse Therapy (HFIT) components for pain relief without surgical implantation or opioids.

## **Hinge Health Enso**



No additional cost to the Fund  
or the member

# Interdisciplinary treatment plus advanced technology

Giving members the right **tools** and the **right support**

## Hinge Health Enso



- **Immediate pain relief** - wearable, non-invasive, non-addictive, no side effects
- **56% pain reduction** per participant which is comparable to 3X better than opioids<sup>1,2</sup>



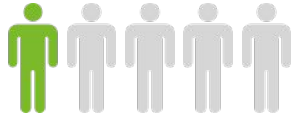
## Digital MSK Chronic Program



- **Long-term pain relief** -3 pillars of care: exercise therapy, education, behavioral health
- **58% depression and anxiety reduction**<sup>3</sup>
- **69% pain reduction** per participant comparable to 4X better than opioids<sup>3</sup>

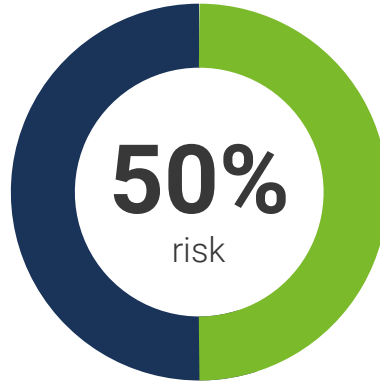
# Chronic MSK pain & surgery leads to opioid overuse

Chronic MSK is a common pathway to opioid dependency



**1 in 5**

patients with chronic pain  
are prescribed opioids<sup>1</sup>



of becoming dependent on opioids when  
prescribed before & after back surgery<sup>2</sup>



**1 in 3**

employer-subsidized opioid  
prescriptions lead to misuse<sup>3</sup>

<sup>1</sup> U.S. Centers for Disease Control and Prevention. 2017.

<sup>2</sup> Brummett C et al. JAMA 2017.

<sup>3</sup> Castlight Health. The Opioid Crisis in America's Workforce.

2016

# Opioids are not an effective way to treat chronic pain

Chronic pain requires a whole care approach

- Acute and chronic pain have different pathways in the brain
- Opioids are effective at addressing resolvable, acute pain
- Chronic pain is more complex as it's influenced by psychological, emotional, and lifestyle factors
- 65% of people with chronic MSK pain often also suffer from depression<sup>1</sup>

1. Missig, G., (2017) Biological Psychiatry. Scott, K., et. al. (2007) Journal of Affective Disorders. Bair, M.J., et. al. (2003) Arch Intern Med. Eisenberger, N.I., et. al. (2003) Science. Lieberman, M.D., et. al. (2004) Neuroimage.

