



**\$0**  
cost to you



## Meet Enso!

The tiny device that reduces pain in minutes

Enso® is an FDA-cleared wearable device that treats mild to intense joint and muscle pain. It's drug-free, non-invasive, and works quickly.

Hinge Health and Enso are available at **no additional cost to you** through Special Districts Insurance Services through Regence BlueCross BlueShield of Oregon.

Join Hinge Health today and have access to:

- Virtual sessions anytime, anywhere
- Unlimited 1-on-1 health coaching
- Motion-tracking technology for instant form correction



To learn more and apply, scan the QR code or visit [hinge.health/specialdistrictsinsurance](https://hinge.health/specialdistrictsinsurance)

Questions? Call (855) 902-2777

Hinge Health está disponible en español

Alivia los dolores articulares y musculares y previene las lesiones con tus beneficios de salud gratuitos. Únete ahora.

Participants must be 18+ and enrolled in a Special Districts Insurance Services medical plan administered by Regence BlueCross BlueShield of Oregon. Regence BlueCross BlueShield of Oregon is an Independent Licensee of the Blue Cross and Blue Shield Association. Hinge Health® is a separate and independent company that provides digital MSK services for Regence members.