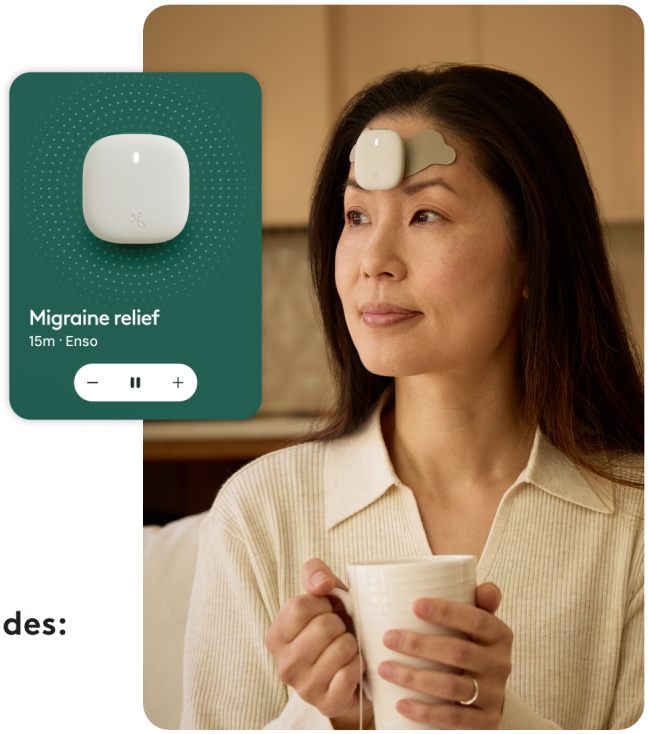
epc | Hinge Health

$0 cost to you (yes, really)!
Fully covered by EPC Schools. No surprise costs.

A new era in migraine relief is here



Meet Hinge Health® Enso® for Migraine, an FDA-cleared, wearable device controlled through the Hinge Health app.

Enso's soothing pulses rapidly reduce migraine pain in minutes and stimulate your endorphins, the body's natural painkillers. No prescription needed.

Hinge Health and Enso are 100% covered by EPC Schools.*

In a study, 64% of users experienced pain relief with Enso.[1]

Sign up for comprehensive migraine care that includes:

- **Guided exercise sessions**
  Get exercises designed by a physical therapist to address posture, neck tension, and joint pain that trigger or worsen migraines.
- **A dedicated care team**
  Develop strategies with a health coach for stress management, sleep, and nutrition to reduce how often episodes occur.
- **Migraine tracking and insights**
  Track your migraines in the app to understand triggers and symptoms so you can take action when you feel one coming on.

For more about your benefit, scan the QR code** or visit:

hinge.health/epcschools-migrainecare

Questions? Please give us a call at (855) 902-2777

**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.

See back for eligibility requirements.

Getting started with your program: What you need to know

What is Hinge Health?
Hinge Health provides members with access to comprehensive migraine care and virtual physical therapy to reduce migraine symptoms. Migraine care is delivered via personalized programs through the Hinge Health app.
Hinge Health also offers care for other conditions, including muscle and joint pain and pelvic issues.

Who is eligible to apply?
Participants must be 18+ and enrolled in an EPC Schools health plan.

How do I order an Enso for Migraine device?
First, sign up for Hinge Health if you're not already a member. Then, log into the app to do a few introductory exercises. This helps your care team understand your pain and personalize your program. After this is complete, you can then request an Enso at no cost to you through the app.*

Can I use Enso with my current medication?
Yes. Enso for Migraine can be used with your medication or on its own to help manage migraine pain.

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*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.

[1] Hinge Health (2025) Internal unpublished study using Enso to apply TENS stimulation for migraine pain. Pain relief is defined as at least a 30% reduction in pain using a 0-10 pain scale.

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 an EPC Schools health plan.

Los participantes deben ser mayores de 18 años y estar inscritos en un plan de salud de EPC Schools.