

When migraine pain stops your day.
Get it back in minutes with Enso®.



Take back your days from unpredictable pain with the new Hinge Health® Enso® for Migraine. An FDA-cleared, wearable device that’s 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.

Hinge Health and Enso are 100% covered by your NALC Health Benefit Plan.



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

hinge.health/nalchbp-newuse

Questions? Call (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.



Presorted
Standard Mail
U.S. Postage Paid
Livingston, NJ
Permit #2

A new era in migraine relief

Available beginning October 1, 2026

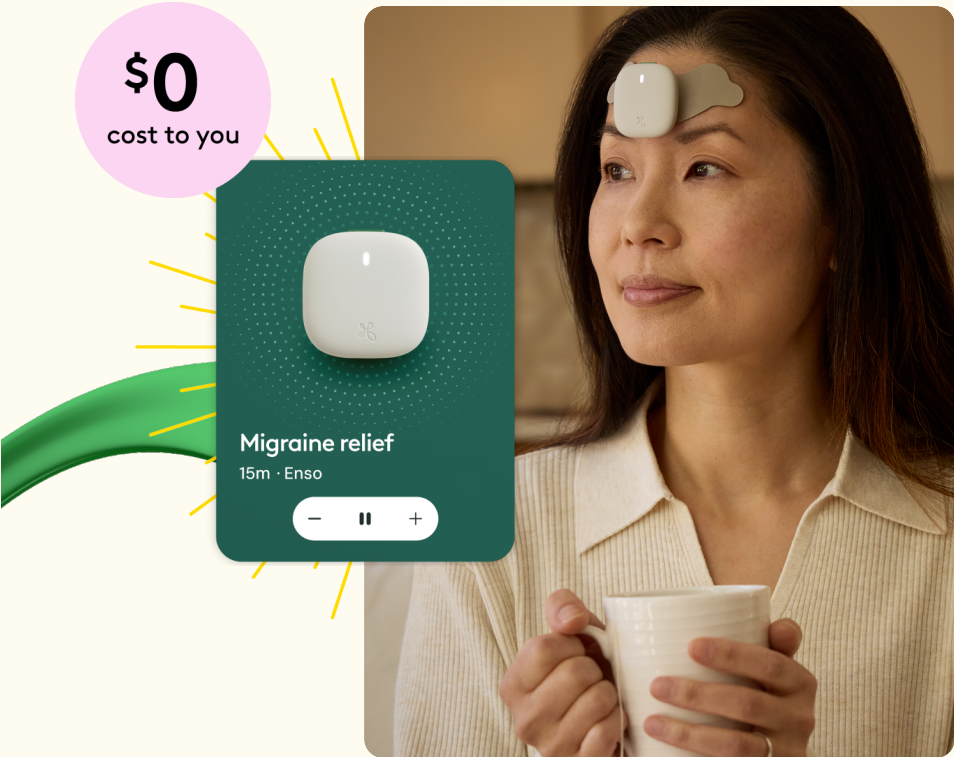
First Name Last Name
Address 1
Address 2
City, State Zip



Paid for by the NALC Health Benefit Plan

A new era in migraine relief

Sign up for comprehensive migraine care with Hinge Health



Safe, effective, rapid relief. When you need it.

- ✓ Non-addictive, non-invasive. No prescription needed.
- ✓ Can be used with your medication or on its own to help manage migraine pain.
- ✓ In a study, 64% of users experienced pain relief with Enso.¹



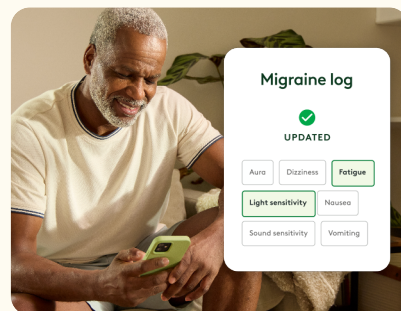
*Eligibility to receive Hinge Health Enso is based on the program in which you are placed, and fulfillment of clinical eligibility criteria.

¹Hinge Health (2025) Internal unpublished study using Enso to apply TENS stimulation for migraine pain.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.

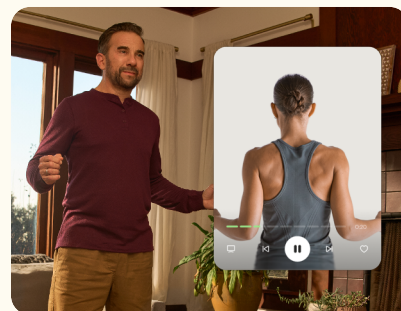
Employees, dependents 18+ and Medicare Advantage members enrolled in the NALC Health Benefit Plan are eligible.

Sign up for comprehensive migraine care that includes:



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.



Guided exercise sessions

Get exercises designed by a physical therapist to improve posture, neck tension, and joint pain that trigger migraines.



A dedicated care team

Develop strategies with a health coach for stress management, sleep, and nutrition to help reduce how often episodes occur.

Ready, set, enroll!



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

hinge.health/nalchbp-newuse

Questions? Call (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.

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. Joint and muscle care is delivered via personalized programs through the Hinge Health app.

Who is eligible to join?

You and your spouse/partner and dependents ages 18+ are eligible to join as long as you are enrolled in the NALC Health Benefit 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.*