

 Hinge  
Health™ offered by



455 MARKET ST, SUITE 700  
SAN FRANCISCO, CA 94105

PRSR STD  
US POSTAGE  
PAID  
CORNERSTONE

**IMPORTANT BENEFITS  
INFORMATION ENCLOSED**



## Struggle with joint and muscle pain?

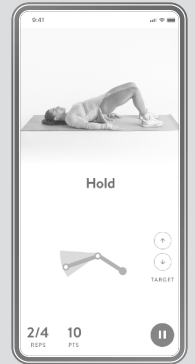
Start getting care right away with Hinge Health, a benefit provided by the National Association of Letter Carriers (NALC) Health Benefit Plan. Your family members may be eligible too! **Reduce pain in your back, knees, feet, ankles, even pelvic pain, and more — at no additional cost to you.** Our digital exercise therapy programs can be done anywhere, anytime, and participants reduce their pain by 68%<sup>1</sup> on average.

### Your program may include:

- **Wearable motion sensors**  
The Hinge Health app and sensors give you instant feedback on your positioning during stretches and exercises.
- **Personalized exercise therapy**  
You'll be guided through 15-minute sessions three times a week, and the level of difficulty will increase when you're ready.
- **Unlimited 1-on-1 health coaching**  
Your coach will be there to provide personalized support via text, email, or call to help tailor the program to you.
- **New! Women's Pelvic Health Program**  
We now offer programs for pregnancy, postpartum, and menopause to improve bladder control, build core muscles and more.



Pictured:  
Wearable motion sensors



Scan the QR code to learn more and apply, or visit:  
[hinge.health/nalc-getmoving](https://hinge.health/nalc-getmoving)  
Questions? Call: (855) 902-2777

<sup>1</sup>Participants with chronic knee and back pain after 12 weeks. Bailey, et al. Digital Care for Chronic Musculoskeletal Pain: 10,000 Participant Longitudinal Cohort Study. JMIR. (2020).