

 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?

Hinge Health helps you overcome pain without drugs or surgery.



I'm Dr. Jeff Krauss,
Chief Medical Officer at Hinge Health.

I wanted to share some information with you about Hinge Health's program for **back, knee, foot, ankle, pelvic pain and more**. National Association of Letter Carriers (NALC) Health Benefit Plan has provided this benefit **at no additional cost to you**. Family members may be eligible too.

Many of the patients I see tell me how hard it is to find time to address their pain, and too often they resort to drugs or surgery — or just let the pain fester.

Hinge Health participants get personalized exercise therapy sessions that take just 10–15 minutes to complete. They also have unlimited access to a health coach for personalized 1-on-1 support and to help tailor the program to their needs.

On average, participants reduce their pain by 68%.* So if you or a family member are experiencing joint and muscle pain, we'd love to help.

Warm regards,

Dr. Jeff Krauss
Chief Medical Officer, Hinge Health

At Hinge Health
we've seen...

400K+
participants

4x better
pain reduction
compared to opioids

2 out of 3
surgeries avoided

New! Women's Pelvic Health Program
We now offer programs for pregnancy, postpartum, and menopause to improve bladder control, build core muscles and more.



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

*After 12 weeks, in a study of chronic knee and back program participants. Bailey JF, et al. Digital Care for Chronic Musculoskeletal Pain: 10,000 Participant Longitudinal Study Cohort Study. J Med Internet Res 2020;22(5):e18250.

Employees and dependents 18+ enrolled in the NALC Health Benefit Plan are eligible.