

 Hinge
Health™ offered by



455 MARKET ST, SUITE 700
SAN FRANCISCO, CA 94105

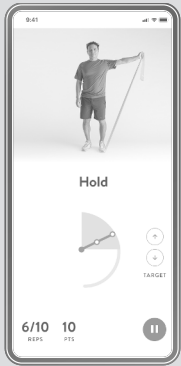
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CORNERSTONE

**IMPORTANT BENEFITS
INFORMATION ENCLOSED**



Struggle with back or joint pain? Hinge Health is available to NALC Health Benefit Plan Medicare Advantage Members.

Help is available through your National Association of Letter Carriers (NALC) Health Benefit Medicare Advantage Plan. You have full access to Hinge Health's online exercise therapy programs for back and joint pain through your Medicare Advantage plan. This benefit is provided at no cost to you. It includes unlimited sessions to make it that much easier to reduce your pain.



When you sign up for Hinge Health, you'll get:

- **Online exercise therapy**
Treat your pain from the comfort of your home. No doctor visits, referrals or copays.
- **A personal treatment plan**
Decrease your pain with low-impact exercises based on your care needs.
- **Expert care team**
A health coach and physical therapist will guide and support you.



Scan the QR code to learn more or apply at hinge.health/nalc-overcomepain or call 1-855-902-2777 (TTY: 711)

Medicare Advantage members enrolled in the NALC Health Benefit Plan are eligible.

Medicare has neither reviewed nor endorsed this information. For up-to-date information about Hinge Health virtual physical therapy programs, including your eligibility, please call customer care at 1-855-902-2777 (TTY: 711) during normal business hours of Monday-Friday, 6 am-6 pm, Pacific time.