



IMPORTANT HEALTH BENEFIT INFORMATION ENCLOSED

Struggle with muscle or joint pain?

Help is available for Medicare Advantage members on your National Association of Letter Carriers (NALC) Health Benefit Plan.



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

If you have pain that's holding you back from daily activities, Hinge Health's online exercise therapy programs are right for you. This benefit is personalized to you based on your care needs, and allows you to just focus on reducing your pain.

Many of my patients tell me how hard it is to find time to address their pain. But with Hinge Health, all it takes is 45 minutes a week from the comfort of your home. That means no doctor visits, referrals or copays.

On average, Hinge Health members reduce their pain by 68%* on this program.

Enroll today to decrease your pain. **At no additional cost** to you through your Medicare Advantage plan.

Warm regards,

Dr. Jeff Krauss
Chief Medical Officer, Hinge Health

At Hinge Health we've seen...

300K
participants

4x better
pain reduction
compared to opioids

2 out of 3
surgeries avoided



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

**Source: Bailey JF, Agarwal V, Zheng P, Smuck M, Fredericson M, Kennedy DJ, Krauss J. Digital Care for Chronic Musculoskeletal Pain: 10,000 Participant Longitudinal Cohort Study. Journal of Medical Internet Research. 2020 May 11;22(5):e18250. doi: 10.2196/18250. PMID: 32208358; PMCID: PMC7248800.*

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.