



**Start the new year  
on the right foot.  
Then the left.**



# Move better — and feel better — all year long.

From a sore back to achy knees to stiff hands, we're here to make sure joint and muscle pain doesn't interfere with your life — or your goals for 2024.

## Join Hinge Health to:

- Reduce your pain
- Prevent injury and avoid surgery
- Improve your flexibility and get stronger

Hinge Health is covered by National Association of Letter Carriers (NALC) Health Benefit Plan, so **there's no cost to you**. Activate your membership today.



Scan the QR code to learn more or apply at  
[hinge.health/nalc-newyear](https://hinge.health/nalc-newyear)  
or call (855) 902-2777

Hinge Health est á 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.

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.

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**ADDRESS AREA**

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## MAILING SERVICES BARCODE AREA