



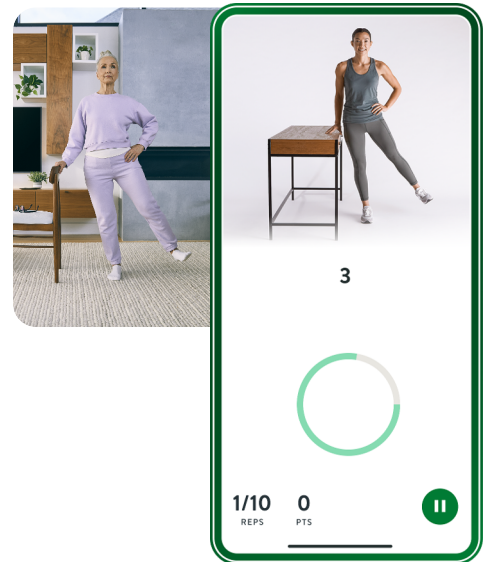
HEALTH AND WELLNESS OR PREVENTION INFORMATION

Struggling with joint and muscle pain?

Get pain relief with Hinge Health. This benefit from the National Association of Letter Carriers (NALC) Health Benefit Plan helps you reduce pain in your back, knees, feet, ankles, and more. The best part? It's available **at no cost to you**. Your family members may be able to use it too! You can do our easy-to-follow exercise therapy programs anywhere, anytime — even in your own living room.

Your program includes:

- **Motion tracking technology to help you through your stretches.** Live feedback on the Hinge Health app will make sure you are in the right positions during stretches and exercises.
- **Exercise therapy that is personalized to your needs.** You get three 10-minute sessions per week, with guidance. The sessions will only get more difficult when you're ready.
- **Dedicated 1-on-1 health coaching.** Your physical therapist and coach will be there to help you through texts, emails, or calls to help tailor the program to you.



Need help? 

Call (855) 511-1941
to talk to a real person.



Scan the QR code[#] to learn more or apply at hinge.health/nalchbp-stayfit or call 1-855-511-1941 (TTY: 711)

[#]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.

Employees, dependents 18+ and 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.