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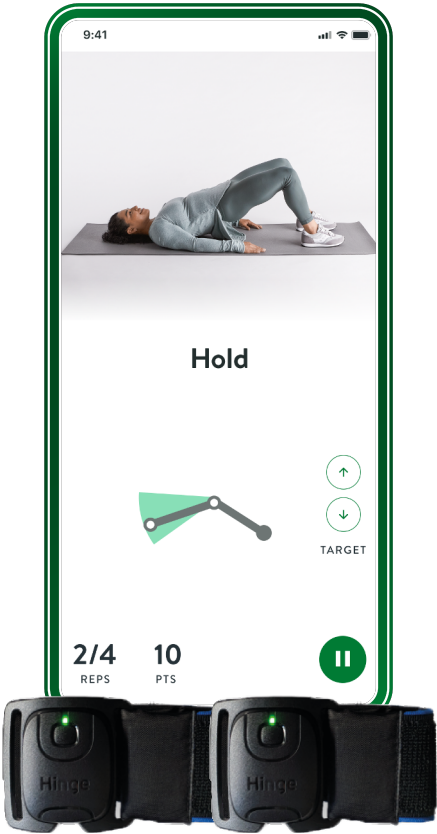
# Are you struggling with joint and muscle pain?

## Good news!

You can join Hinge Health, a benefit provided by the National Association of Letter Carriers (NALC) Health Benefit Plan **at no additional cost to you**. Your family members may be eligible to join too. Get access to digital exercise therapy to reduce pain in your back, knees, feet, ankles, pelvic pain, and more. On average, participants reduce their pain by 68%<sup>1</sup>.

### Your program may include:

- Motion tracking technology, such as wearable sensors, that gives you instant feedback on your positioning during exercises.
- Exercise therapy sessions personalized to address your specific pain — taking as little as 15 minutes to complete.
- Unlimited 1-on-1 health coaching via text, email, or call to help tailor the program to your needs.
- **New! Women’s Pelvic Health Program**  
We now offer programs for pregnancy, postpartum, and menopause to improve bladder control, build core muscles and more.



Pictured: Wearable motion sensors and the Hinge Health app



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

<sup>1</sup>Participants with chronic knee and back pain after 12 weeks. Bailey, et al. Digital Care for Chronic Musculoskeletal Pain: 10,000 Participant Longitudinal Cohort Study. JMIR. (2020).

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