



IMPORTANT HEALTH BENEFIT INFORMATION ENCLOSED

Are you struggling with back or joint pain?

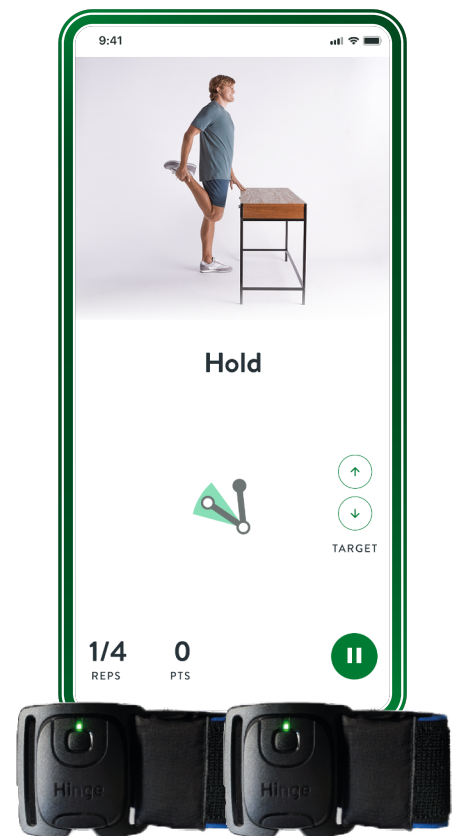
Help is available for NALC Health Benefit Plan Medicare Advantage Members.

You have full access to Hinge Health's online exercise therapy programs for back and joint pain through your NALC Health Benefit Medicare Advantage plan. This new benefit is provided **at no cost to you**. It includes unlimited sessions to make it that much easier to reduce your pain. Enroll in your new benefit to decrease your pain by as much as 68%*.

Your Hinge Health program may include:

- Online exercise therapy you can do at home.
- Personal treatment plan to reduce your pain.
- Dedicated health coach to guide and support you.

Sincerely,
The Hinge Health Team



Scan the QR code to learn more or apply at hinge.health/nalc-startnow 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.