

CLAIM YOUR HINGE HEALTH BENEFIT NOW



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You can now sign up for Hinge Health

You're getting this letter because you can join Hinge Health, a benefit provided by National Association of Letter Carriers (NALC) Health Benefit Plan at **no additional cost to you**.

If you're struggling with joint and muscle pain, like a throbbing back, aching knees, or weak ankles, start using your benefit today for expert care.

Take advantage of your exercise therapy benefit today!

- Gentle exercise with 1-on-1 support to help you move with confidence
- Exercises that last only 15 minutes a day – anytime, anywhere you're comfortable
- Eligible family members can also join at no additional cost to them

Scan the QR code to join, or visit:

hinge.health/nalc-checkout

Questions? Call: (855) 902-2777



Employees, dependents 18+ and Medicare Advantage members enrolled in the NALC Health Benefit Plan are eligible.