



Struggle with back or joint pain?

Hinge Health helps you conquer pain without drugs or surgery.



I'm Dr. Jeff Krauss,
Chief Medical Officer at Hinge Health.

I wanted to share some information with you about Hinge Health's programs for **back, knee, hip, shoulder, or neck pain**. As a member of the **National Association of Letter Carriers (NALC) Health Benefit Plan**, you and your eligible family members on the plan get access to these programs **at no cost**.

Many of the patients I see tell me how hard it is to find time to address their pain, and too often they resort to drugs or surgery – or just let the pain fester.

Hinge Health participants receive wearable sensors which guide them through exercise therapy sessions that just take **10-15 minutes**. Also, they get unlimited access to a one-on-one health coach to provide personalized support and help tailor the program to them.

On average, **participants reduce their pain by nearly 70%**. So if you or a family member are experiencing back or joint pain, we'd love to help.

Warm regards,

Dr. Jeff Krauss
Chief Medical Officer, Hinge Health

Learn more and apply at _____

hingehealth.com/nalchbp/stretch

Employees and dependents 18+ enrolled in a medical plan through the NALC Health Benefit Plan are eligible.

At Hinge Health,
we've seen...

- ◆ **180,000** participants
- ◆ **4x better** pain reduction compared to opioids
- ◆ **2 out of 3** surgeries avoided

Have questions? Call us.
(855) 902-2777



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 **Hinge Health** offered by



Conquer pain without drugs or surgery.

Sign-up today.

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