



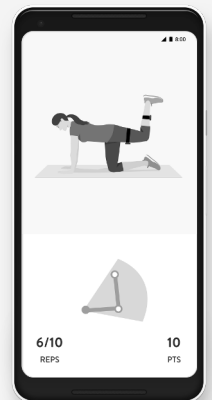
Struggle with back or joint pain?

We're happy to let you know that as a member of the National Association of Letter Carrier (NALC) Health Benefit Plan you and your eligible family members get access to Hinge Health's digital exercise therapy programs for **back, knee, hip, shoulder, and neck pain at no cost to you**. It can be done anywhere, at any time, and participants reduce pain by nearly 70%!

When you sign up for Hinge Health, you may receive:



- **Wearable sensors to guide stretches**
The Hinge Health app and sensors give you live feedback on your positioning during stretches and exercises.
- **Personalized exercise therapy**
You'll be guided through 15-minute sessions, three times a week, and the level of difficulty will increase when you're ready.
- **Unlimited one-on-one health coaching**
Your coach will be there to provide personalized support via text, email, or call to help tailor the program to you.



Eligibility: Employees and dependents 18+ enrolled in the NALC Health Benefit Plan.

Scan the QR code to get more info

To learn more call (855) 902-2777, or enroll at:

→ hingehealth.com/nalchbp/start



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 **Hinge Health** offered by



455 MARKET ST, SUITE 700
SAN FRANCISCO, CA 94105

**IMPORTANT BENEFITS
INFORMATION ENCLOSED**

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