



# Are you struggling with back or joint pain?

Good news! As a member of the National Association of Letter Carrier (NALC) Health Benefit Plan, you and your eligible family members have access to digital physical therapy programs from Hinge Health. Reduce your back, knee, hip, shoulder, or neck pain as much as 70%\*. **At no cost to you.**

Your Hinge Health program may include:

## Wearable sensors to guide stretches

The Hinge Health app and wearable sensors give you instant feedback on your positioning during stretches and exercises.

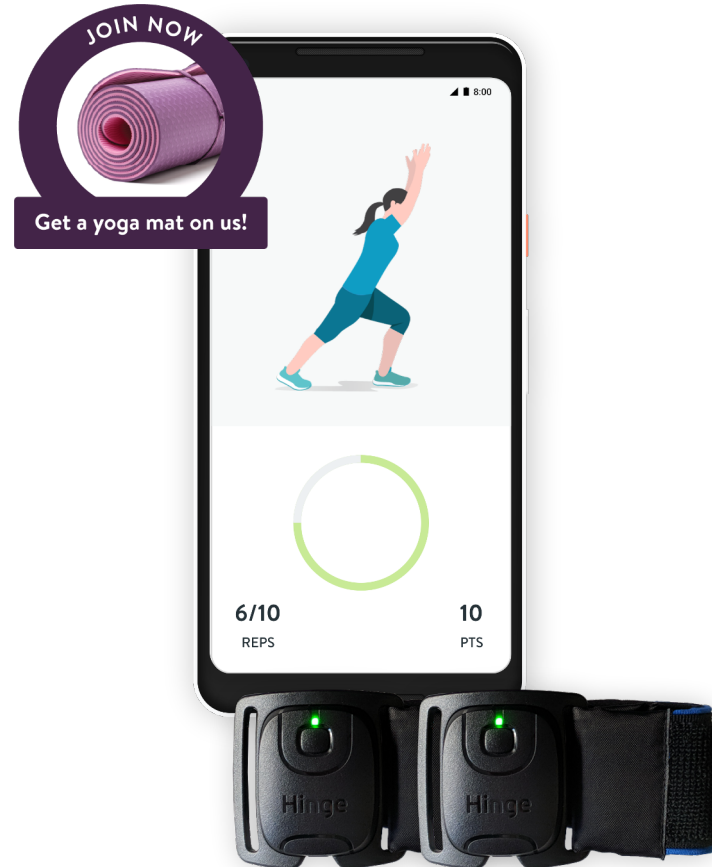
## Personalized physical therapy

Your exercises are customized to address your specific pain. And they take as little as 15 minutes to complete.

## Unlimited one-on-one health coaching

Your coach will be there to provide support via text, email, or call to help tailor the program to your needs.

Sincerely,  
The Hinge Health Team



Find out if Hinge Health is the right fit for you:  
[hingehealth.com/nalchbp/begin](https://hingehealth.com/nalchbp/begin)



## ¿Tiene dolor o una lesión?

Envíe un correo electrónico a [hola@hingehealth.com](mailto:hola@hingehealth.com) o marque el número siguiente para obtener más información sobre las soluciones de Hinge Health.

\*Source: Hinge Health 2017-2019 Outcomes Analysis

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

Questions? Call (855) 902-2777.



 **Hinge Health** offered by



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