

Struggle with back or joint pain?



We're happy to let you know that as a member of the National Association of Letter Carriers (NALC) Health Benefit Plan you and your eligible family members now get 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, any time, and participants reduce pain by nearly 70%!

When you sign up for Hinge Health, you'll get:

Wearable sensors to guide stretches

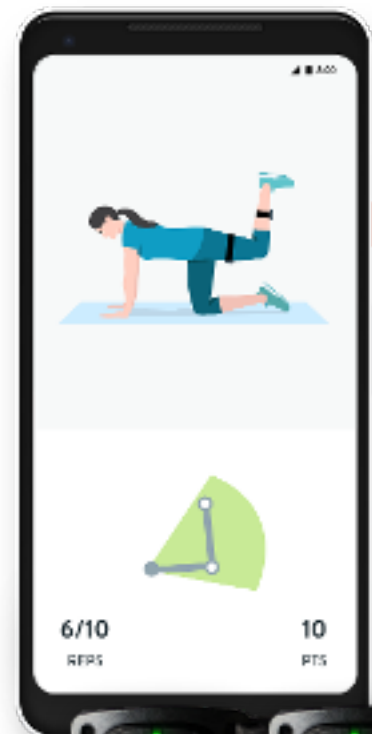
The Hinge Health app and sensors give you live feedback on your positioning during stretches and exercises.

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.



To learn more call (855) 902-2777, or apply at:
HINGEHEALTH.COM/NALCHBP2022



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

 **Hinge Health** offered by



New, free benefit for back and joint pain.

Sign-up today.

Scan the QR code



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