

Ready, set, enroll!

Scan the QR code to join now
hinge.health/nalc-join-today

Questions? Call (855) 902-2777



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



Eligible family members can join, too!



It's open enrollment time!

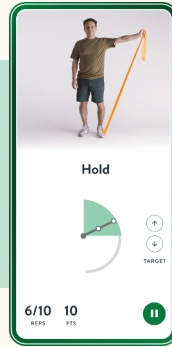


Exercise therapy. Without leaving home.

Open enrollment is here



\$0
cost to you



Move forward to a life with less pain

Open enrollment is here for Hinge Health, a benefit provided by NALC at no additional cost to you. Join now!

No co-pay. No office visits. Reduce your back and joint pain in just 15 minutes a day with gentle exercise therapy designed by a licensed physical therapist.

Get back to the active life you love with:



Guided sessions,
real-time feedback



Personalized
exercise program



Expert care team



Educational articles
and videos

Get targeted pain relief where you need it most

From head to toe, we've got you covered.

Neck & Upper Back

Reduce stress in your neck and upper back to improve your posture and range of motion.

Shoulders

Relieve pain and stiffness in your shoulders to easily lift your arms and reach behind you.

Lower Back & Hips

Strengthen muscles from your lower back to your hips to sit, stand, and move with greater stability.

Thighs & Knees

Build strength in your thighs and knees to improve flexibility and increase your mobility.



You feel like part of a team. It was very easy to get started.

Christopher, Hinge Health member

