

Treat pain at home with app-guided exercise therapy from Hinge Health

Get started at

hinge.health/newplan

OR

Scan the QR code with
your mobile device





Enroll in your program

Keep this magnet as a reminder of your benefit

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Hello, we're Hinge Health.

If you're living with pain that makes it hard to do the things you enjoy, reducing it is possible through our app-guided exercise therapy programs. We've partnered with the National Association of Letter Carriers (NALC) Health Benefit Plan to provide this benefit to you.

The best part is you're in control of your care and can get started anywhere, anytime.



Here's what you can expect from Hinge Health:

- ✓ **Virtual hands on care**
We provide instant feedback through our app to ensure you're doing the exercises correctly.
- ✓ **1-on-1 support**
A dedicated health coach and licensed physical therapist will be there to help you reach your health goals.
- ✓ **No additional cost**
Hinge Health is a zero cost benefit available to you and eligible dependents.
- ✓ **Fits your lifestyle**
All it takes is 15 minutes a day to complete your app-guided exercise therapy.



Find out if Hinge Health is the right fit for you
hinge.health/nalchbp-bebold
or call 1-855-511-1941 to talk to a real person