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







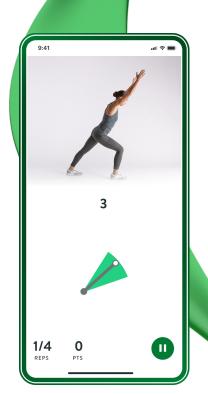
Keep this magnet as a reminder of your benefit



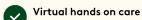
Hello, we're Hinge Health.

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:



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