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**IMPORTANT BENEFITS
INFORMATION ENCLOSED**



Struggle with joint and muscle pain?

Hinge Health helps you overcome pain without drugs or surgery.



I'm Dr. Jeff Krauss,
Chief Medical Officer at Hinge Health.

I wanted to share some information with you about Hinge Health's program for **back, knee, foot, ankle pain, pelvic pain, and more**. National Association of Letter Carriers (NALC) Health Benefit Plan has provided this benefit **at no additional cost to you**.

Many of the patients I see tell me how hard it is to find time to address their pain, and too often they resort to drugs or surgery — or just let the pain fester.

Hinge Health participants get personalized exercise therapy sessions that take just 10–15 minutes to complete. They also have access to a health coach for 1-on-1 support and a physical therapist to help tailor the program to their needs.

On average, participants reduce their pain by 68%.¹ So if you or a family member are experiencing joint and muscle pain, we'd love to help.

Warm regards,

Dr. Jeff Krauss
Chief Medical Officer, Hinge Health



Scan the QR code to learn more and apply at
hinge.health/nalc-mynextmove


Questions? Call 1-855-511-1941

At Hinge Health¹
we've seen...

400K+
participants

4x better
pain reduction
compared to opioids

2 out of 3
surgeries avoided

Need help? 

Call (855) 511-1941
to talk to a real person.

¹After 12 weeks, in a study of chronic knee and back program participants. Bailey JF, et al. Digital Care for Chronic Musculoskeletal Pain: 10,000 Participant Longitudinal Cohort Study. J Med Internet Res 2020;22(5):e18250. Employees, dependents 18+ and Medicare Advantage members enrolled in the NALC Health Benefit Plan are eligible.