

EXCLUSIVELY AT HINGE HEALTH

Get on-the-go pain relief with Enso.*

Take action to enroll in your benefit.

Name	Date	Group	Benefit	Status
[FIRSTNAME] [LASTNAME]	[Mail date]	The NALC Health Benefit Plan	Exercise therapy + Enso	Now enrolling

We've partnered with the NALC Health Benefit Plan to offer you convenient care for joint and muscle pain.

Your Hinge Health benefit includes virtual physical therapy, Enso® — a non-addictive, FDA-cleared wearable pain relief device, and anytime access to personalized exercise sessions. This program is provided at no additional cost to you — there are **no copays or surprise costs**.


Your benefit may include:

- A personalized program you can do at home or on the go.
- Exercises designed by a licensed physical therapist to target and relieve your pain.
- Enso to calm and soothe pain flare-ups in minutes. At home or on-the-go.*



We look forward to helping you overcome your pain.

Sincerely,
Your Hinge Health Team

How to enroll



Scan the QR code below or go to hinge.health/nalchbp-myday to join Hinge Health

Submit your application in minutes

Got questions? Call (855) 902-2777

Use your default camera to scan the QR code, not a third-party app. If you're directed to a site other than the URL above, do not proceed.

*Eligibility to receive Hinge Health Enso is based on the program in which you are placed, fulfillment of clinical eligibility criteria, and completion of a qualifying number of exercise sessions.

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

Understanding your benefit

Hinge Health member FAQs

What is Hinge Health?

Hinge Health offers access to virtual physical therapy (and so much more!) for people struggling with joint or muscle pain.

What is virtual physical therapy?

Virtual physical therapy means having a physical therapist evaluate you and develop a plan of care.

What is Enso and how can I try it?

Enso is a non-addictive, non-invasive wearable device that relieves pain flare-ups in minutes. It's small and lightweight, which makes it convenient to use on-the-go. If you're a good fit for Enso, it will be added to your program after your introductory exercise therapy sessions in the Hinge Health app.

What types of pain does this program treat?

All types of joint or muscle pain from head to toe.

How long does it take to get pain relief?

On average, participants in our program reduce their pain by 68% after 12 weeks.¹

What does my membership include?

As a member, your membership may include:

- A personalized care program to reduce your pain
- A variety of gentle stretches and exercises in the Hinge Health app
- Video visits with a licensed physical therapist
- Unlimited access to the Hinge Health learning center

How often do I need to do this program each week?

We recommend most members do their program 3 to 5 times a week. An exercise therapy session can take between 10 to 15 minutes to complete.

How will a physical therapist support me?

You can schedule a video visit with a physical therapist if you have questions or concerns about your pain.

Where can I get more information about Hinge Health?

For more information about your Hinge Health benefit, please go to:

hinge.health/nalchbp-myday

¹Participants with chronic knee and back pain after 12 weeks. Bailey, et al. Digital Care for Chronic Musculoskeletal Pain: 10,000 Participant Longitudinal Cohort Study. JMIR. (2020).