



PRSR STD  
US POSTAGE  
PAID  
CORNERSTONE

455 MARKET ST, SUITE 700  
SAN FRANCISCO, CA 94105

**Activate your NALC Health Benefit Plan benefit.**



EXCLUSIVELY AT HINGE HEALTH

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



[MAILDATE]

## Get relief from joint or muscle pain to move with confidence[, FIRSTNAME]

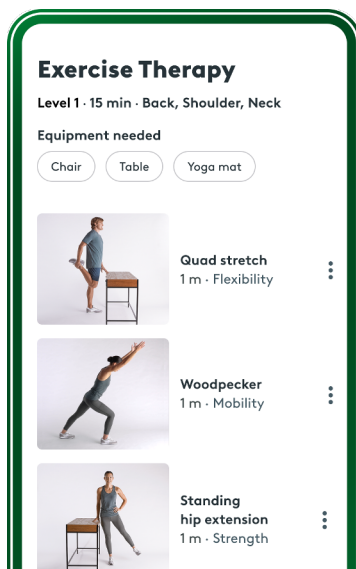
Your benefit for virtual physical therapy and more includes Hinge Health Enso<sup>®</sup>.

Enso is an FDA-cleared wearable device that treats mild to intense joint and muscle pain. It's drug-free, non-invasive, and works quickly.

Hinge Health and Enso are available at **no additional cost to you** through the NALC Health Benefit Plan. This includes covered family members.

Join to unlock care that's centered around you:

- Get personalized exercises and stretches to reduce pain.
- Talk to a physical therapist to discuss your goals and progress.
- Move confidently at home or on-the-go with Enso.



To learn more and apply, scan the QR code or visit  
[hinge.health/nalchbp-allset](https://hinge.health/nalchbp-allset)

Questions? Call (855) 902-2777



Please use the default camera on your device to scan the QR code, not a third-party application. If you are directed to a site other than the URL listed 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 therapy sessions.

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