



Hinge Health helps address both minor aches and chronic pain by offering exercise therapy, a dedicated care team, and Hinge Health Enso^{®*}, an FDA-cleared wearable device that provides non-addictive pain relief in minutes — between exercise therapy sessions or during pain flares.



It dissipates the pain to where I'm not focused on my low back pain, I'm focused on enjoying my life and being in the moment.

Stephanie, Hinge Health member and Enso user



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U.S. Postage Paid
Livingston, NJ
Permit #2

Make 2025 the year to reduce your pain.



First Name Last Name
Address 1
Address 2
City, State Zip



Paid for by the NALC Health Benefit Plan

Join now to feel better all year long

Hinge Health can help reduce your joint and muscle pain.

\$0
cost to you





Get started to feel better in weeks

Our physical therapists have your back and can get you the right care, right now.

Habits that help reduce your joint & muscle pain:



Exercises personalized for you based on your needs and where you're experiencing pain.



Sessions you can do anytime, anywhere in about 15 minutes. At home, or on the go.



1-on-1 support from a dedicated care team that includes a physical therapist.

Targeted pain relief where you need it most

From head to toe, we've got you covered.

Neck & Upper Back

Reduce stress in your neck and upper back to improve your posture and range of motion.

Shoulders

Relieve pain and stiffness in your shoulders to easily lift your arms and reach behind you.

Lower Back & Hips

Strengthen muscles from your lower back to your hips to sit, stand, and move with greater stability.

Thighs & Knees

Build strength in your thighs and knees to improve flexibility and increase your mobility.



Ready, set, enroll!

Scan the QR code to learn more and apply, or visit:

hinge.health/nalchbp-moveforward

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.

Hinge Health está disponible en español. Alivia los dolores articulares y musculares y previene las lesiones con tus beneficios de salud gratuitos. Únete ahora.

*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.