



## HEALTH AND WELLNESS OR PREVENTION INFORMATION

# Struggling with joint and muscle pain?

## Good news!

You can join Hinge Health, a benefit from the National Association of Letter Carriers (NALC) Health Benefit Plan that **won't cost you anything extra**.

This exercise therapy program helps you ease pain in your back, knees, feet, ankles, and more — right from your own home. Your family members may be able to join too!

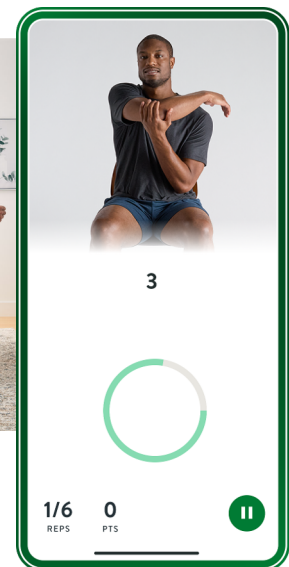
### Your program includes:

- Exercise therapy sessions that are designed to help ease your specific pain. Each session is only about 15 minutes long.
- Motion tracking technology that gives you instant feedback on your positioning during exercises.
- Unlimited 1-on-1 support through texts, emails, or calls with your physical therapist and coach to help make the program right for you.

Sincerely,  
The Hinge Health Team



Scan the QR code<sup>#</sup> to learn more or apply at [hinge.health/nalchbp-sustain](https://hinge.health/nalchbp-sustain) or call 1-855-511-1941 (TTY: 711)



Need help? 

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

<sup>#</sup>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.

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

Medicare has neither reviewed nor endorsed this information. For up-to-date information about Hinge Health virtual exercise therapy programs, including your eligibility, please call customer care at **1-855-902-2777 (TTY: 711)** during normal business hours of Monday–Friday, 6 am–6 pm, Pacific time.