



HEALTH AND WELLNESS OR PREVENTION INFORMATION

Struggling with joint and muscle pain?

Hinge Health helps you relieve pain without drugs or surgery



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

I wanted to tell you about Hinge Health's digital exercise therapy program for back, knee, feet, ankle pain, and more. National Association of Letter Carriers (NALC) Health Benefit Plan has provided this benefit **at no extra cost to you**. Family members may be able to use it too.

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

As a Hinge Health member, you get personalized exercise therapy sessions that take around 10 minutes to do. You also have access to a physical therapist and coach for 1-on-1 dedicated support, and to help make the program right for your needs.

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

At Hinge Health we've seen...

6 weeks

for noticeable improvement

68%

average decrease in pain

Need help? 

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



Scan the QR code[#] to learn more or apply at hinge.health/nalchbp-redirect or call 1-855-902-2777 (TTY: 711)

[#]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.

[MARKETING ID # PLACEHOLDER]

¹Wang G, et al. Clinical Outcomes After a Digital Musculoskeletal Program for Acute and Subacute Pain: Observational, Longitudinal Study With Comparison Group. *JMIR Rehabil Assist Technol* 2022;9(2):e38214

²In 12 week 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.

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.