



Important Benefit Information



*Eligibility for menopause care is based on the specific program in which you are placed. Employees, dependents 18+ and Medicare Advantage members enrolled in the NALC Health Benefit Plan are eligible.

\$0 cost to you

Take control of your menopause symptoms

Joint pain, bone density changes, hot flashes, embarrassing leaks. Menopause symptoms are often overwhelming and unexpected.

As a benefit covered by the NALC Health Benefit Plan, Hinge Health can help you manage these symptoms at no cost to you.*



EXCLUSIVELY AT HINGE HEALTH
Get on-the-go pain relief with Enso.†



Introducing menopause care

Relieve menopause symptoms with:

- A virtual care plan featuring personalized exercises, guided breathing, and more.
- Expert guidance from a physical therapist trained in menopause care.
- A convenient app where you can access all of the above — anytime, anywhere.



Scan the QR code to get started:
hinge.health/nalchbp-menopause

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 sessions.