



Get pain relief where you need it most

That back pain, sore left knee, or right shoulder tightness won't go away on its own. No matter how long you wait it out or push through your discomfort.

But you can get relief with Hinge Health **at no cost to you** through the NALC Health Benefit Plan. On average, our members experience 68% average reduction in pain.¹

Join Hinge Health to:

- Reduce your pain
- Prevent injury and avoid surgery
- Improve your flexibility and get stronger

¹ Participants with chronic knee and back pain after 12 weeks. Bailey, et al. Digital Care for Chronic Musculoskeletal Pain: 10,000 Participant Longitudinal Cohort Study. JMIR. (2020).

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



Neck & Upper Back

Reduce stress in your neck and upper back to make it easier to turn in different directions.

Shoulders

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

Lower Back & Hips

Strengthen muscles in your lower back and your hips to sit, stand, and move with less risk of injury.

Thighs & Knees

Build strength in your thighs and knees to bend and move more easily.

Hinge Health
455 Market Street, Suite 700
San Francisco, CA 94105

Take the smart path to pain relief

Whether your pain is in your back, neck, knees, or anywhere else in your body, Hinge Health has got you covered.

- **Real-time form guidance** — move confidently with 3D motion tracking technology in app to help you do your exercises correctly.
- **Access to virtual physical therapy** — reduce pain, build strength, and get back to doing the things you enjoy like hitting the gym, golfing, or playing basketball. Without being limited by pain.
- **Quick exercise sessions** — do them anywhere, anytime a few times a week. All you need is your phone and our app.



To get started, scan the QR code or visit:
hinge.health/nalchbp-menshealth
or 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.

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EXCLUSIVELY AT
HINGE HEALTH

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

* 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.