

Joint pain getting in the way of your best work? It's time for Hinge Health.



Scan the QR code or visit the link below to learn more: hinge.health/nalchbp-wellness



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

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 therapy sessions.

\$0
cost to you

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



Postage

Health and wellness starts here!

<FirstName> >LastName>
<AddressOne>
<AddressTwo>
<City> <State> <Zip>

MAILING SERVICES BARCODE AREA



Feel your best on and off the clock with Hinge Health

Virtual physical therapy that helps keep you moving all day and pain-free!



Create healthier habits with Hinge Health

At Hinge Health we care about your total well-being because you deserve to feel your best before, during, and after work. That’s why we’ve teamed up with the NALC Health Benefit Plan to provide an app-based physical therapy benefit at no cost to you.

Join our challenge by crossing off each activity you complete below. Commit to taking time for yourself and to explore new ways to get moving.

Stretch for 5 minutes before the start of your shift	Pause and celebrate one small victory	Eat a meal distraction-free	Play a sport you love
Complete a Hinge Health exercise session	Apply a heat pack to sore areas before bed	Write down 2 things that trigger your pain	Eat a meal that brings you joy
Take a brisk 15-minute walk	Read an article in the Hinge Health app	Stretch lower body muscles before bed	Dance to your favorite song
Add something green to your plate	Complete a Hinge Health exercise session	Drink two extra glasses of water	Stretch for 10 minutes at the end of your shift

Get pain relief where you need it most

Whether your pain is in your back, neck, knees, or anywhere else in your body, we’ve got you covered.

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.

Thighs & Knees

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

Lower Back & Hips

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



Obtén alivio para tu dolor donde más lo necesitas

Hinge Health está disponible en español

Tu total es importante para nosotros en Hinge Health, ya que mereces sentirte bien antes, durante y después del trabajo. Es por eso que nos hemos asociado con the NALC Health Benefit Plan para brindarte un beneficio de fisioterapia virtual sin costo para ti.

Ya sea que tu dolor esté en la espalda, el cuello, las rodillas o en cualquier otra parte del cuerpo, te tenemos cubierto.

- Sesiones guiadas, feedback en tiempo real
- Programa de ejercicios personalizado
- Equipo de atención experto
- Artículos y videos educativos

Escanea el código QR para unirte ahora

hinge.health/nalchbp-wellness

¿Preguntas? Llama al (855) 902-2777



Los empleados, dependientes mayores de 18 años y los usuarios de Medicare Advantage inscritos en el Plan de Beneficios de Salud de NALC son elegibles.

*Ser elegible se basa en el programa en el que seas colocado/a y depende de disponibilidad al finalizar tu primera sesión de terapia de ejercicio. La apariencia del artículo puede variar.



EXCLUSIVAMENTE EN HINGE HEALTH

Obtén alivio del dolor en cualquier lugar con Enso*