



EXCLUSIVELY AT  
HINGE HEALTH

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

## Take action to enroll in your benefit.

Name	Date	Group	Benefit	Status
	2/20/26	The NALC Health Benefit Plan	Access virtual physical therapy and more	Now enrolling

We've partnered with the NALC Health Benefit Plan to offer you convenient care for joint and muscle pain.

Your Hinge Health benefit includes virtual physical therapy, Enso® — a non-addictive, FDA-cleared wearable pain relief device, and anytime access to personalized exercise sessions. This program is provided at no additional cost to you — there are **no copays or surprise costs**.

### Your benefit may include:

- A personalized program you can do at home or on the go.
- Exercises designed by a licensed physical therapist to target and relieve your pain.
- Enso to calm and soothe pain flare-ups in minutes. At home or on the go.\*

We look forward to helping you overcome your pain.

Sincerely,  
Your Hinge Health Team

## How to enroll



Scan the QR code† below or go to [hinge.health/nalchbp-freshtake](https://hinge.health/nalchbp-freshtake) to join Hinge Health



Submit your  
application in minutes

Got questions? Call (855) 902-2777

†Use your default camera to scan the QR code, not a third-party app. If you're directed to a site other than the URL 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.

# Understanding your benefit

## Hinge Health member FAQs

### What is Hinge Health?

Hinge Health offers access to virtual physical therapy (and so much more) for people struggling with joint and muscle pain.

### What is virtual physical therapy?

Virtual physical therapy allows members to access care by a licensed physical therapist from anywhere without the need for in-person visits or commutes.

### What is Enso and how can I try it?

Enso is a non-addictive, non-invasive wearable device that relieves pain flare-ups in minutes. It's small and lightweight, which makes it convenient to use on the go. If you're a good fit for Enso, it will become available after a qualifying number of in-app exercise therapy sessions.

### What types of pain does this program treat?

All types of joint and muscle pain from head to toe.

### How long does it take to get pain relief?

On average, participants in our program reduce their pain by 68% after 12 weeks.<sup>1</sup>

### What does my membership include?

As a member, your membership may include:

- A personalized care program to reduce your pain
- A variety of gentle stretches and exercises in the Hinge Health app
- Video visits with a licensed physical therapist
- Unlimited access to the Hinge Health learning center

### How often do I need to do this program each week?

We recommend most members do their short exercise therapy sessions 3 to 5 times a week.

### How will a physical therapist support me?

You can schedule a video visit with a physical therapist if you have questions or concerns about your pain.

### Where can I get more information about Hinge Health?

For more information about your Hinge Health benefit, please go to:

[hinge.health/nalchbp-freshtake](https://hinge.health/nalchbp-freshtake)

<sup>1</sup>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).

Hinge Health está disponible en español

Alivia los dolores articulares y musculares y previene las lesiones con tus beneficios de salud gratuitos. Únete ahora.

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