

Transportation • Communications • International Union

Los Angeles County Metropolitan Transportation Authority Health &
Welfare Trust Fund

Administered By: Benefit Programs Administration Telephone •
(562) 463-5090 • (800) 427-5342
www.tcu-mtawelfare.org

February 2025

To: Eligible Participants Enrolled in the Transportation Communications International Union – Los Angeles County Metropolitan Transportation Authority Health & Welfare Trust Fund
From: The Board of Trustees
Re: Hinge Health Benefits Information

Dear Eligible Participant,

This notice is to remind you of your benefits available with Hinge Health.

With Hinge Health, you can get virtual physical therapy and more **at no cost to you**. Use your benefit to:

- Recover from an injury
- Relieve pelvic pain and discomfort
- Reduce everyday joint and muscle aches
- Improve your balance, strength, and mobility

Work with real people, including a Hinge Health physical therapist, who are dedicated to helping you feel your best.

- A care plan designed for your everyday activities and long-term goals — and to treat multiple areas of your body at once
- Access exercise therapy sessions you can do in as little as 15 minutes — anytime, anywhere with the Hinge Health app
- Get 1-on-1 support from a physical therapist or health coach to tailor your sessions as needed and help you reach your goals

Plus, there's no cost to you. Hinge Health is fully covered by the Trust Fund.

To access your benefits or to get more information, visit <https://www.hingehealth.com/for/tculamta/> or call (855) 902-2777.

Please keep this important notice with your Summary Plan Description (SPD) for easy reference to all Plan provisions. Should you have any questions, please contact the Administration Office at (562) 463-5090 or (800) 427-5342.

Receipt of this notice does not constitute a determination of your eligibility. If you wish to verify eligibility, or if you have any questions regarding the Plan changes, please contact the Fund Office.