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

November 2026

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.

What is Hinge Health?

Hinge Health provides members with personalized expert-developed exercise therapy plans for lasting pain relief – all **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

What does my program include?

- Unlimited access to your personalized exercises and stretches developed by physical therapists
- Convenient exercise therapy sessions you can do in as little as 15 minutes - anytime, anywhere with the Hinge Health app
- Dedicated 1-on-1 support from a physical therapist and qualified health coach, available via text, email, phone call, or video chat

To access your benefits or to get more information, scan the QR code, 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.