

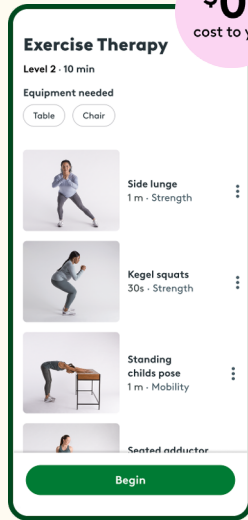


Pelvic floor exercise therapy on your time

Get virtual care from pelvic floor physical therapists, a no-cost benefit provided by the NALC Health Benefit Plan.

Your program includes:

- A personalized care plan with in-app pelvic floor exercises
- Guided meditation for mind-body connection
- The Hinge Health Enso® wearable device to reduce joint and muscle pain in minutes*



\$0
cost to you



Get started online. Scan the QR code or visit:

hinge.health/nalchbp-turnto

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.

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.



You're invited to join our Women's Pelvic Health Program

Did you know that one in four women has a pelvic floor disorder?¹ Yet so many of us don't receive treatment due to a lack of awareness, stigma, and inadequate access to care.

The Women's Pelvic Health Program from Hinge Health aims to change that through virtual pelvic floor exercise therapy – available at no cost to you.

Enrolling in this fully-covered benefit provided by the NACC Health Benefit Plan means you'll get access to a personalized program you can do on your time, from the comfort and privacy of home. See the back of this card for program details and how to get started.

No waiting rooms, no stress – just personalized care that prioritizes your body's unique needs.



Warm regards,

*Dr. Bijal Toprani PT, DPT
Hinge Health Pelvic Floor Physical Therapist*

¹ Wu JM, et al. Prevalence and Trends of Symptomatic Pelvic Floor Disorders in U.S. Women. *Obstet Gynecol.* 2014 Jan; 123(1): 141-148.

If you're experiencing symptoms like these, pelvic floor therapy can help.



Urine leaking when laughing, coughing, or sneezing



Pain in your back, tailbone, or pelvic region



Feeling like you always have to go to the bathroom



Pain or discomfort during intimacy

HINGE HEALTH EXCLUSIVE



Relieve joint and muscle pain at home or on the go with Enso®, the non-addictive wearable device.

* 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.