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Jane Smith
350 FIFTH AVE
NEW YORK, NY 10118

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Our Vision

To stop the silent suffering of women, by normalizing pelvic health and its symptoms. We are empowering women to engage in a dialogue and seek care for treatable pelvic health disorders, across all stages of life.

Learn about Margaret's journey on the back.

Introducing the Women's Pelvic Health program

One in four women has a pelvic floor disorder,¹ but most don't receive treatment due to a lack of awareness, stigma, and inadequate access to pelvic floor physical therapists. The average time it takes for them to receive care for certain conditions is more than six years.

We provide care for the unique needs of women, including:

- Pregnancy & Postpartum
- Bladder & bowel disorders
- Pelvic organ prolapse
- Separated abdominal muscles
- Sexual dysfunction
- Pelvic pain

Sign up today and get pain relief that works for you. Not the other way around.



Scan the QR code to learn more and apply, or visit: hinge.health/nalc-women

Questions? Call: (855) 902-2777

Why Hinge Health?

Get care at home.
No need to travel.

Say goodbye to appointments and referrals.

Available at no additional cost to you.

1-on-1 support from a health coach or physical therapist.

Get started online in minutes after enrolling.

¹The Epidemiology of Pelvic Floor Disorders and Childbirth: An Update. *Obstet Gynecol Clin North Am.* 2016 Mar;43(1):1-13. doi: 10.1016/j.ogc.2015.10.008.

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

MEMBER STORY

Margaret A.

OCCUPATION

Wellness professional / parent

I wasn't able to do a lot of what I love to do anymore. I was diagnosed with rectocele. It's a prolapse of your rectum... My doctor didn't tell me anything, "it'll go away". That's literally what she told me.

If you're looking at going to a PT you're looking at business hours eight to five. Being a new mom, you can't really fit that into your schedule.

I felt like a prisoner in my own house...my Hinge Health PT was the first one to tell me what caused it, this is what we're gonna do, all the information I didn't know I needed but I needed. I logged onto the app and noticed a full set of exercises that really targeted my issues.



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Margaret A.
Hinge Health member



Personalized exercise plan

Get exercises and stretches to reduce your joint or muscle discomfort based on your abilities and health needs.



Dedicated care team

Enjoy ongoing support from an experienced clinical team to help you stay on track and reach your goals.



An easy-to-use app

Everything you need to feel and move better is in the Hinge Health app.

Visit hinge.health/nalc-women to get started today.