



## Pelvic floor exercise therapy on your time

Get virtual care from pelvic floor physical therapists like Kandis Daroski, PT, DPT with the Women's Pelvic Health Program, a **no-cost benefit** provided by the NALC Health Benefit Plan.

### Your program includes:

- Virtual visits with your pelvic floor physical therapist
- A personalized care plan with in-app pelvic floor exercises
- Guided meditation for mind-body connection

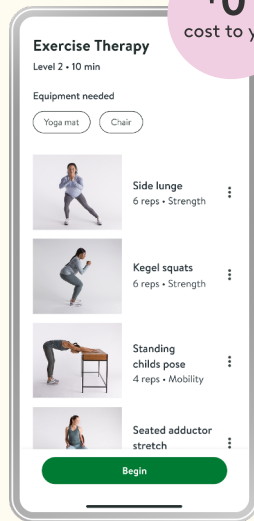


Scan the QR code  
or visit the link below to learn more  
[hinge.health/nalchbp-pelvicplan](https://hinge.health/nalchbp-pelvicplan)  
Questions? Call: (855) 902-2777

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.

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

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



\$0

cost to you



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

Dear [FIRSTNAME],

Did you know that one in four women has a pelvic floor disorder<sup>1</sup>? 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 NALC 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,

Kandis Daroski, PT, DPT  
Pelvic Floor Physical Therapist, Hinge Health

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