

## Women's Pelvic Health Program

# Virtual care for your pelvic floor

Begin your convenient and personalized program today to gain access to pelvic floor virtual physical therapy and more. With Hinge Health, you can access exercises tailored to you anytime, anywhere with the Hinge Health app.

## What you can expect with Hinge Health:



**Convenience:** Access to short, guided virtual pelvic floor physical therapy sessions you can do anytime, anywhere.



**Personalized:** Your custom care plan features exercises designed by a pelvic floor physical therapist to address your specific needs while reducing discomfort, pain and symptoms.



**All costs covered:** Hinge Health is fully covered by Nemours Children's Health. Get started with no additional fees, waiting rooms or long referral wait times.



**Sign up today.**

**Scan this QR code or visit**

**[hinge.health/nemours-pelvichealth](https://hinge.health/nemours-pelvichealth)**

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. Los empleados y dependientes mayores de 18 años inscritos en un plan médico patrocinado por la empresa son elegibles.

**\$0**  
cost to you



Associates, spouses and children (18+) on the Nemours Children's Health medical plan are eligible.

Los asociados, cónyuges e hijos (mayores de 18 años) del plan médico de Nemours Children's Health son elegibles.