

# PELVIC FLOOR PAIN PROGRAM FROM HINGE HEALTH

Included **Free** with **Diamond, Platinum, Gold, Silver, Bronze & Cobalt** Health Plan Options

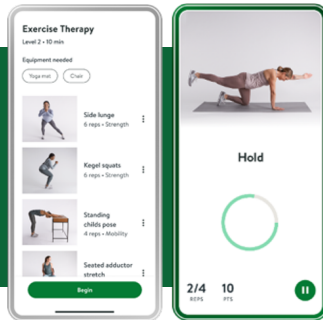
## SUPPORTING A POPULATION OVERLOOKED & UNDERSERVED BY HEALTHCARE

1 in 4 women have pelvic floor disorders. Yet many will never receive treatment due to a lack of awareness, stigma, or inadequate access to pelvic floor physical therapists. For others, the average time it takes to receive care can be longer than 6 years.



### PROVIDES

- » Pelvic Floor Therapist Virtual Visits
- » Personalized Care Plan
- » Guided Meditation
- » In-App Guided Exercises
- » Private, Whenever & Wherever



### SYMPTOMS HELPED

- » Urine leaking when laughing or coughing
- » Pain in the back, tailbone or pelvic region
- » Feeling like always needing the bathroom
- » Pain or discomfort during intimacy



## WHAT IS THE PELVIC FLOOR?

The pelvic floor refers to the group of muscles and connective tissues attached to the bones at the bottom (aka the floor) of the pelvis of a woman. It's a big deal. In fact, a women's pelvic floor is one of the hardest working muscle groups in their body, on the job 24/7 to...

- » Supports the Uterus, Colon, & Other Organs
- » Controlling the Bladder & Rectum
- » Helps with Standing & Walking
- » Aiding in Sexual Function & Pleasure

Pregnancy, menopause, injury, and certain conditions can sometimes weaken the pelvic floor muscles, resulting in pain, bladder control issues, and more.



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