



\$0
cost to you



Join the Women's Pelvic Health program

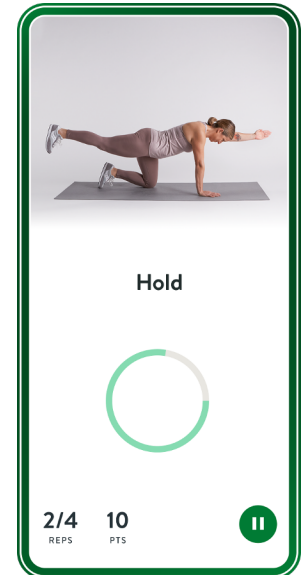
Get personalized pelvic floor care **at no cost to you** through your LGHIB medical plan.

What's your pelvic floor?

Your pelvic floor is the group of muscles supporting the bladder, uterus, and bowel. Pregnancy, injury, and certain conditions can sometimes weaken those muscles, resulting in pain, bladder control issues, and more.

Why join?

- Get personalized exercise therapy for pregnancy and postpartum, bladder control, pelvic muscle strengthening, or pelvic muscle relaxation.
- Work 1-on-1 with a clinical care team that specializes in pelvic floor care.
- Exercise from the privacy of your own home, on your schedule.



To learn more and apply, scan the QR code or visit hinge.health/lghib-wph

Questions? Call (855) 902-2777

Employees and dependents 18+ enrolled in the Blue Cross Blue Shield of Alabama Group 30000 through Local Gov Health and Wellness are eligible.