



Join the Women's Pelvic Health program

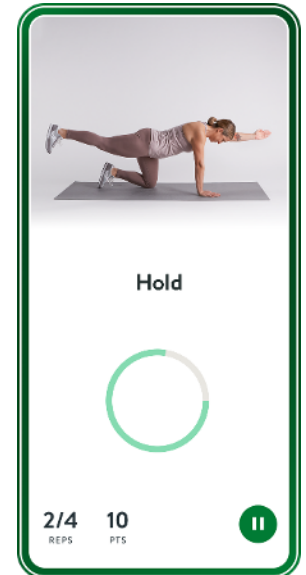
Get personalized pelvic floor care **at no cost to you** through your RRD National Medical Plan.

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/rrdonnelley-wph

Questions? Call (855) 902-2777

Participants must be 18+ and enrolled in an RRD National Medical Program option (non-HMO).

Hinge Health está disponible en español
Alivia los dolores articulares y musculares y previene las lesiones con tus beneficios de salud gratuitos. Únete ahora!