



Seattle



Join the Women's Pelvic Health Program

Hinge Health now offers pelvic floor care — available **at no cost to you** through your City of Seattle medical plan.

What's your pelvic floor and why should you care?

Your pelvic floor is the group of muscles and tissues attached to the bottom of your pelvis. It supports your pelvic organs, controls your bladder, and more. And it's one of the hardest working muscle groups in your body.

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.



Scan the QR code to learn more or apply at hinge.health/cityofseattle-wph or call (855) 902-2777

Employees and adult dependents on the City of Seattle's Most Benefits Program. Includes both Aetna and Kaiser members.