

\$0 cost to you

INTRODUCING MENOPAUSE CARE

Take control of your menopause symptoms

Joint pain, bone density changes, hot flashes, embarrassing leaks. Menopause symptoms are often overwhelming and unexpected.

As a benefit covered by USA TODAY Co., Hinge Health can help you manage these symptoms at no additional cost to you.*

What does menopause care include?

- A virtual care plan that features personalized exercises, guided breathing, and educational articles.
- Expert guidance from a physical therapist trained in menopause care.
- A convenient app where you can access all of the above — anytime, anywhere.



Scan the QR code to enroll now
hinge.health/usatoday-menocare
Questions? Call (855) 902-2777

Please use the default camera on your device to scan the QR code, not a third party application. If you are directed to another site, do not proceed.

*Eligibility for menopause care is based on the specific program in which you are placed.

Eligibility: Employees and dependents 18+ enrolled in a BCBSTX medical plan through USA TODAY Co. are eligible. *Please note: If you are covered by either a Collective Bargaining Agreement (CBA), Joint Operating Agreement (JOA), or are an international or non-US based employee, your benefits may vary.

Elegibilidad: Los empleados y dependientes mayores de 18 años inscritos en un plan médico de BCBSTX a través de USA TODAY Co. son elegibles.

*Tenga en cuenta: Si está cubierto por un Acuerdo de Negociación Colectiva (CBA) o un Acuerdo Operativo Conjunto (JOA), o es un empleado internacional o no estadounidense, sus beneficios pueden variar.