



Women's Pelvic Health Program

Virtual care for your pelvic floor

Begin your convenient and personalized program today to gain access to pelvic floor virtual physical therapy and more. With Hinge Health, you can access exercises tailored to you anytime, anywhere with the Hinge Health app.

What you can expect with Hinge Health:



Convenience: Access to short, guided virtual pelvic floor physical therapy sessions you can do anytime, anywhere.



Personalized: Your custom care plan features exercises designed by a pelvic floor physical therapist to address your specific needs while reducing discomfort, pain and symptoms.



All costs covered: Hinge Health is fully covered by USA TODAY Co.. Get started with no additional fees, waiting rooms or long referral wait times.



Sign up today.

Scan this QR code or visit

hinge.health/usatoday-pelvichealth

Please use the default camera on your device to scan the QR code, not a third-party application.
If you are directed to a site other than the URL listed above, do not proceed.

\$0
cost to you



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.