



Join the Women's Pelvic Health program

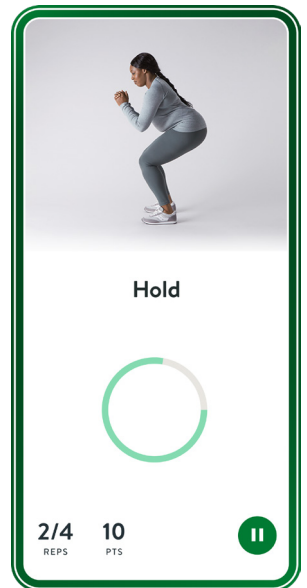
Hinge Health offers women personalized pelvic floor care at no additional cost through your HealthSelectSM medical plan, including Consumer Directed HealthSelectSM and HealthSelectSM Secondary, as administered by Blue Cross and Blue Shield of Texas.

What is your pelvic floor?

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

When you join Hinge Health's women's pelvic health program, you get:

- Personalized exercise therapy for pregnancy and postpartum, bladder control, pelvic muscle strengthening or pelvic muscle relaxation
- One-on-one support from a clinical care team that specializes in pelvic floor care
- Guided exercise from the privacy of your own home, on your schedule



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



Hinge Health está disponible en español.

Alivia los dolores articulares y musculares y previene las lesiones con tus beneficios de salud. Únete ahora.

HealthSelect of Texas[®] medical plan participants who are age 18 and older, and living in the U.S., including those enrolled in Consumer Directed HealthSelectSM or HealthSelectSM Secondary, administered by BCBSTX, are eligible to enroll in the Hinge Health program.

Hinge Health is an independent company that has contracted with Blue Cross and Blue Shield of Texas to provide an online musculoskeletal program for participants with coverage through BCBSTX.

Blue Cross and Blue Shield of Texas is the third-party administrator for HealthSelect of Texas[®] and Consumer Directed HealthSelectSM.

Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation,
a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association
768062.0125