



IT'S TIME TO START THINKING ABOUT YOUR ANNUAL BENEFITS!

Tackle joint and muscle pain where you need it most

With Hinge Health, get access to a tailored program that gives you access to exercise and more to help you recover from injuries, build strength, improve your mobility, and more. Whether your aches are short-term or chronic, we'll help you get moving again.

Specialized care, personalized for you

- **1-on-1 support**
Work with a dedicated physical therapist and health coach to treat multiple body parts.
- **A care plan on your terms**
Get tailored exercises and video visits with your physical therapist that fit seamlessly into your busy life.
- **Technology that works for you**
Improve your form and build your confidence during exercises with real-time audio & visual guidance from our app.
- **All costs covered**
You earned Hinge Health benefits through Utah Pipe Trades Trust Fund.

Sign up today.

Scan the QR code or visit:

hinge.health/utahpipe-25



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.

Hinge Health está disponible en español

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

Members and dependents 18+ enrolled in a Cigna medical plan through Utah Pipe Trades Trust Fund are eligible.

\$0

cost to you





What is the Hinge Health Pelvic Floor Program?

Personalized, virtual physical therapy and more developed for women* by pelvic floor physical therapists. Reduce pain and discomfort with quick exercises you can do from home.



Is this program right for me?

If you're experiencing common, but frustrating, pelvic floor issues such as leaks and pain, Hinge Health is right for you, at any age and life stage.



What symptoms does this help with?

Pelvic floor disorders can happen at any age. Our pelvic floor program helps reduce pain and build muscle so you can find relief.

- Pregnancy and postpartum — prevent pain and rebuild abdominal muscles.
- Bladder control — reduce urgent trips to the bathroom along with that “always gotta go” feeling.
- Pelvic muscle relaxation and control — retrain your pelvic floor to reduce tension and relieve pain.
- Pelvic muscle strengthening — build your core muscles.



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Los empleados y dependientes mayores de 18 años inscritos en un plan médico patrocinado por la empresa son elegibles.

*People assigned female at birth.



What does the program include?

- Anytime access to virtual physical therapy and more.
- Convenient exercise and meditation sessions you can do from anywhere with the Hinge Health app.
- 1:1 support from a care team including pelvic floor physical therapists and a health coach.



How much does the program cost?

Hinge Health is available to eligible employees at no cost.



Who is eligible for Hinge Health?

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\$0
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