



## WOMEN'S PELVIC HEALTH PROGRAM

# Virtual care for your pelvic floor

Begin your convenient and personalized pelvic floor program today. With Hinge Health, you'll gain access to virtual physical therapy and more. This virtual program fits seamlessly into your busy life, offering guided sessions through the Hinge Health app —all from the comfort of home.

## What you can expect with Hinge Health

- **Convenient**  
Short, guided pelvic floor virtual exercise therapy session you can do anywhere, anytime.
- **Personalized**  
Your care plan features exercises designed by a pelvic floor physical therapist to address your specific needs.
- **All costs covered**  
You earned Hinge Health benefits through L3Harris Technologies. There's \$0 cost to you.

Sign up today.

Scan the QR code or visit:

[hinge.health/l3harris-pelvichealth](https://hinge.health/l3harris-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.



### NEW MEMBERS ONLY

Start your program, and get a massage gun on us!\*



\*Eligibility to receive complimentary items is based on the program in which you are placed and subject to availability upon completion of your first exercise therapy session. Users may receive an alternative item if the featured item is unavailable.

Participants must be 18+ and enrolled in L3Harris Technologies' benefit plan.