REPUBLIC SERVICES | Hinge Health®

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 therapy 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.

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?

Employees and dependents 18+ enrolled in a UnitedHealthcare medical plan through Republic Services are eligible.



Sign up today.

Scan this QR code or visit

hinge.health/republicservices-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
Sign up today to get a massage gun on us!**



Hinge Health está disponible en español
Alivia los dolores articulares y musculares y previene las lesiones con tus beneficios de salud gratuitos.
Los empleados y dependientes mayores de 18 años inscritos en un plan médico patrocinado por la empresa son elegibles.

**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.

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*People assigned female at birth.