



\$0 cost to you

## INTRODUCING MENOPAUSE CARE

# Take control of your menopause symptoms

Joint pain, bone density changes, hot flashes, embarrassing leaks. Menopause symptoms are often overwhelming and unexpected.

As a benefit covered by The University of Alabama in Huntsville, Hinge Health can help you manage these symptoms at no additional cost to you.\*

### What does menopause care include?

- A virtual care plan that features personalized exercises, guided breathing, and educational articles.
- Expert guidance from a physical therapist trained in menopause care.
- A convenient app where you can access all of the above — anytime, anywhere.



Scan the QR code to enroll now  
[hinge.health/uahedu-menocare](https://hinge.health/uahedu-menocare)  
Questions? Call (855) 902-2777

Please use the default camera on your device to scan the QR code, not a third party application. If you are directed to another site, 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.

\*Eligibility for menopause care is based on the specific program in which you are placed.

Employees and dependents 18+ enrolled in a BCBSAL medical plan through the University of Alabama in Huntsville are eligible.

Los empleados y dependientes mayores de 18 años inscritos en un plan médico de BCBSAL a través de la Universidad de Alabama en Huntsville son elegibles.