



VBA 2025 Updates

Engagement breakdown

Eligible employees
and dependents

6,378

Members engaged
in program

959

15% engaged

Chronic

853

Acute

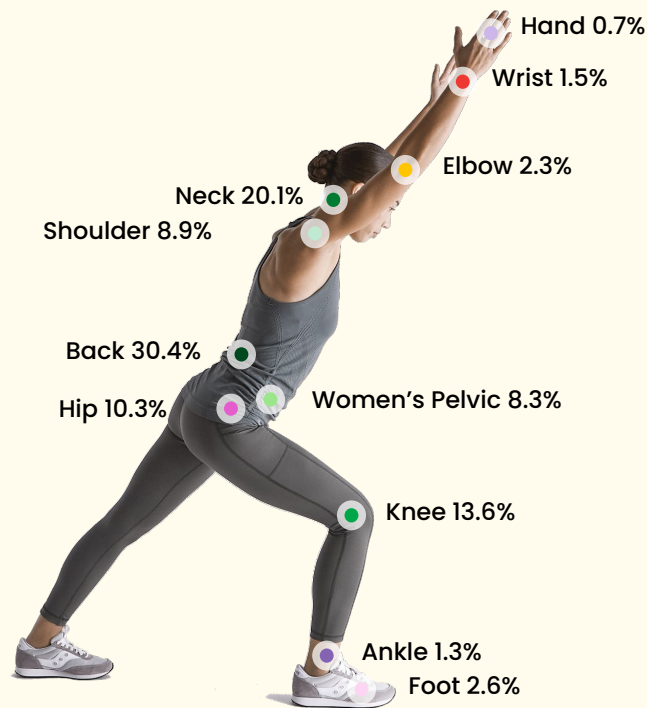
105

Surgery

1

Target: 3.75% eligible members engaged per year

Engagement by body part across all programs



Getting members back
to work — and back to
their lives

98%

Member satisfaction⁸

4.9 ★★★★★

100K+ app store and google play reviews



**"My perception of pain
has totally changed
and I no longer need
cortisone injections.
Hinge Health is now
an integral part of
my life."**

Jenn, shoulder program

[Read Jenn's story](#)



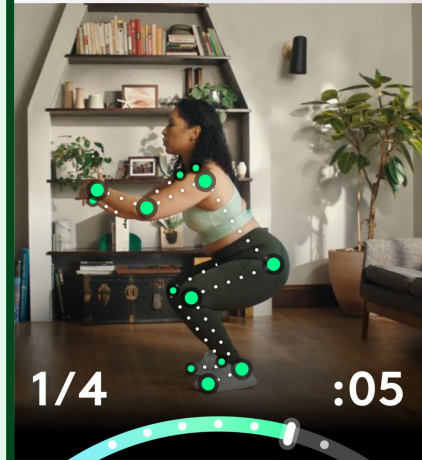
Enso® — pain relief without drugs or surgery

- ✓ Provides pain relief in minutes
- ✓ Safe, non-invasive,
non-addictive

FDA-cleared device

TrueMotion® unlocks exercise guidance at home

- ✓ Tracks over 100 points on the body
- ✓ Real-time personalized feedback



Overview

Everything you need to know about pelvic health



What is pelvic health?

- ✓ Pelvic health refers to the well-being and proper functioning of the pelvic region.
- ✓ It involves the muscles, ligaments, and organs located in the pelvis.
- ✓ Maintaining good pelvic health is important for overall wellness.



Common life phases



Pregnancy

Your body changes significantly throughout pregnancy, which puts strain on your pelvic floor.



Postpartum

Your pelvic floor may be weak from pushing, a perineal tear, recovering from a c-section, or just having a baby.



Menopause

Aging and hormonal changes can weaken pelvic floor muscles and change vulvar tissues.

1 in 3

women have a pelvic floor disorder

60%

Of women experience urinary incontinence

75%

Of pregnant women experience pelvic floor dysfunction or joint pain

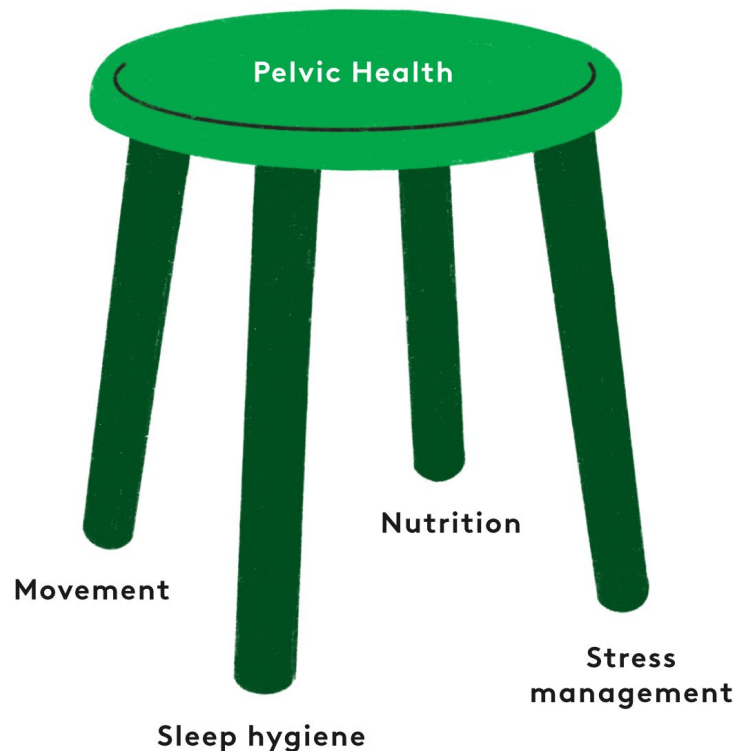
95%

Of women with lower back pain experience pelvic floor dysfunction (co-occurrence)



What is pelvic floor exercise therapy?

- ✓ A specialized branch of physical therapy that focuses on the muscles of the pelvic floor.
- ✓ Involves exercises, manual therapy, and lifestyle modifications.
- ✓ Helps improve muscle strength, coordination, and function.
- ✓ Treatment for various pelvic floor disorders, including urinary incontinence, pelvic pain, and pelvic organ prolapse.



Thank you!

Q&A