

\$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 DENSO, 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.



Join now and get a massage gun on us!\*\*



Scan the QR code to enroll now  
[hinge.health/denso-menocare](https://hinge.health/denso-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.

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

\*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.

Associates and eligible dependents 18 and up enrolled in a medical plan through DENSO can participate in Hinge Health at no cost.