



\$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 ADT, 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.



INTRODUCING MENOPAUSE CARE



Wearable pain relief with Enso®

Get Enso as part of your Hinge Health program. And get relief in minutes. All at no cost to you!**



Scan the QR code to enroll now
hinge.health/adt-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.

**Eligibility to receive Hinge Health Enso is based on the program in which you are placed, fulfillment of clinical eligibility criteria, and completion of a qualifying number of exercise sessions.

Employees and dependents 18+ enrolled in a Credence Blue Cross and Blue Shield medical plan through ADT are eligible.