



Administered by  
**Providence**  
 Health Plan

# Personalized therapy for women's pelvic health & beyond

Pelvic floor issues are common, but they don't have to define your everyday. We have partnered with Kaia Health to provide at-home therapy - **at no cost to you.**



## What Kaia can help with



Pelvic Pain



Postpartum Recovery



Bladder and Bowel Issues



Aging and Menopause



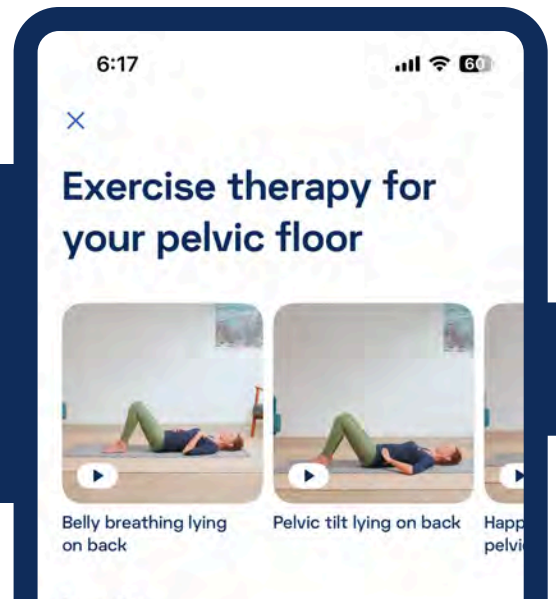
Joint and Muscle Pain

## What your Kaia program includes

- **Personalized therapy** sessions that take 15 minutes to complete
- A dedicated **health coach** who helps you meet your goals
- Unlimited access for the full year at **no cost to you**
- An app you can use **anywhere, anytime**



Scan the QR code or visit [startkaia.com/women](https://startkaia.com/women)





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# Frequently Asked Questions

## Women's pelvic health therapies

### How do I recognize pelvic health symptoms?

#### **Pelvic Pain**

Pelvic pain can range from a mild ache to a sharp, persistent discomfort that impacts daily life. Often caused by muscle tension, injury, or conditions like endometriosis, addressing pelvic pain begins with identifying its root cause. The pain may stem from overactive pelvic floor muscles, inflammation, or referred pain from surrounding areas like the hips or lower back.

#### **Postpartum Recovery**

Pregnancy and childbirth place significant strain on the pelvic floor. Postpartum, many women experience symptoms like urinary leakage, pelvic pain, or a sense of heaviness. Recovery varies depending on factors such as the type of delivery and any complications.

#### **Bladder and Bowel Issues**

Common concerns include urinary incontinence, urgency, or constipation. These issues often arise from poor pelvic floor function or muscle imbalance, and they can significantly impact quality of life.

#### **Aging and Menopause**

As women age, hormonal changes, particularly the decline in estrogen during menopause, can affect pelvic health. Tissues lose elasticity, and muscles may weaken, increasing the risk of prolapse, urinary incontinence, and other issues.

### Is there truly no cost?

Yes, your employer has partnered with Kaia Health to offer this at no cost to you, for 12 months of unlimited access.

### Who developed the program?

Our Doctors of Physical Therapy have completed advanced, specialized training through Herman and Wallace, a recognized leader in pelvic health education.

### I also have other joint and muscle pain - is Kaia the right fit?

Yes, Kaia is a complete therapy covering joint and muscle pain. You can work on multiple issues at the same time, or work on different areas throughout the year.