



Aware Health offers a FREE Pelvic Floor Rehabilitation Program for Staywell

For employees and adult dependents:

Staywell offers a **pelvic floor telerehab provider**, [Aware Health](#), for pelvic floor conditions such as those before/during/after pregnancy who experience urinary incontinence, bulging, or pelvic or tailbone (coccyx) pain. This program is open to ALL MEMBERS WHO ARE AT LEAST 20 YEARS OF AGE. *Aware* is not replacing the need to consult with your OBGYN or other specialist or primary care provider, but is providing a complimentary service to better achieve functional goals such as running and jumping or coughing/sneezing without urinary leakage or safely progressing to running after pregnancy. Even those who are not pregnant are eligible for this service if they have pelvic floor symptoms. All care will be delivered virtually, so all you need is a connection to the internet. This specialty resource is being offered **free of charge to members (no deductible and no copays)**. Any tests or treatment sought outside of Aware will be subject to normal Staywell plan costs and provisions.

Eligibility to Participate in the Pelvic Floor Health Program:

To participate, employees or dependents must be a Staywell member, at least 20 years of age, and located in CA.

Members (who are at least 20 years of age) need to enroll to be eligible for this service. To enroll, please [CLICK HERE](#). If you are already enrolled with Aware Health for MSK, you do not need to enroll again.

Once you register, you will receive a scheduling link to begin using the service if there is an immediate need!

If you have any questions about your eligibility for the pilot program, please send them directly to the program director, Melanie at melanie@awarehealth.io or call or text (925) 444-0561.