

# A personalized approach from pelvic health experts

If you are experiencing a pelvic health concern, don't suffer in silence. **Vori Health** can help you find relief.



BOOK A  
VIRTUAL VISIT  
WITHIN  
MINUTES



## Most members feel better within 3 visits.

From the privacy and convenience of home, meet virtually with a doctor and physical therapist who specialize in pelvic floor health. Together, we'll evaluate your concerns and help you get the personalized attention and comprehensive care you deserve.

See a Vori specialist within 48 hours at no cost to you.



AVAILABLE AT NO COST TO YOU  
MEDICAL PLAN ENROLLMENT IS REQUIRED

Your Vori Health services include:

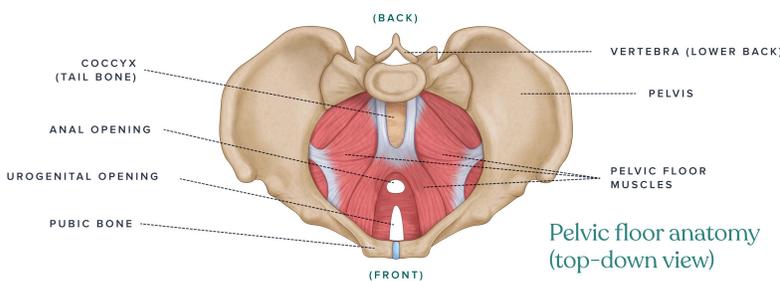
- **Easy virtual appointments**
- **A complete evaluation by specialty doctors**
- **Targeted exercises for your needs and goals**
- **Alternative pain-relief options**
- **Holistic nutrition and lifestyle support**

Scan the QR code to learn more, or visit [vorihealth.com/rlg](https://vorihealth.com/rlg)



## What is the pelvic floor?

The pelvic floor is a group of muscles located in and around the pelvis. When working properly, they help support internal organs and stabilize the trunk. When they're not working properly, these muscles can lead to a variety of bowel, urinary, and reproductive issues—as well as pain.



## Why so many suffer silently

- Almost 1 in 3 women **suffer from a pelvic floor condition**<sup>1</sup>
- **This is not just a female condition:** 1 out of 6 men are impacted, too<sup>2</sup>
- **Symptoms can range** from leaking urine to constipation to pain during sex
- Many individuals do not seek treatment because they feel embarrassed by their symptoms<sup>2</sup>, or do not know that **relief is possible**<sup>3</sup>
- 50% of women do not seek treatment for urinary incontinence—**one of the most common pelvic floor disorders**<sup>5</sup>

### REFERENCES

1. [Kenne, 2022](#)
2. [Smith, 2016](#)
3. [Minassian, 2012](#)
4. [Brown, 2021](#)

## The Vori Health difference

“Many people don’t feel comfortable discussing pelvic health concerns. But at Vori, patients can speak comfortably with our pelvic health experts and get needed relief from the privacy of home.”



**CAROLYN CHUDY, MD**

Specialty Doctor and Director of Physical Medicine & Rehabilitation



### MEMBER STORIES

“In 2023, I underwent a hysterectomy and committed to 24 weeks of pelvic floor therapy, and met with a physical therapist weekly...While this approach was helpful, **I found that the support and guidance provided by Vori Health was even more impactful.**

My Vori physical therapist created a personalized plan for me—**helping me better understand my body on a deeper level.** The app’s guided exercises provided immediate feedback, allowing me to make adjustments as needed.”



**TIFFANY M., VORI MEMBER**



**Reduced hip & pelvic pain**