



Bloom is your no-cost, **digital pelvic health** benefit.

1 in 3 women suffer from pelvic health disorders¹ including bladder issues, bowel dysfunction, and pelvic pain. Sword Health developed Bloom to give you relief with an easy-to-use, at-home pelvic therapy solution.

Here are some signs you may need pelvic therapy



Leakage
(bladder or bowel)



Pain or difficulty
emptying bladder



You are pregnant
or postpartum

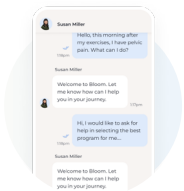


Pain in the lower
abdomen



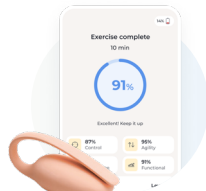
Pain during or
after intimacy

What you get with Bloom



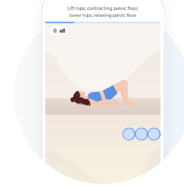
Expert Care

Bloom's Pelvic Health Specialists all have Doctor of Physical Therapy degrees and provide guidance throughout the program.



Innovative Tech

Women perform short pelvic-therapy sessions from home, using a safe, intravaginal pod that connects to a mobile app.



Real Results

Bloom sessions are fun and interactive. Members track progress and receive guidance through the app.

Scan the QR Code
to learn more or visit:

sword.health/bloom/tg/go



Available to you and your eligible female family members 18+ at no additional cost as part of your health plan benefits.

¹ Kenne, K.A., Wendt, L. & Brooks Jackson, J. Prevalence of pelvic floor disorders in adult women being seen in a primary care setting and associated risk factors. Sci Rep 12, 9878 (2022). <https://doi.org/10.1038/s41598-022-13501-w>