



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

1 in 4 women suffer from pelvic health disorders<sup>1</sup> 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, were, or are planning to be pregnant

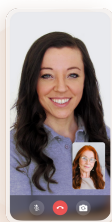


Pain or pressure in the lower abdomen



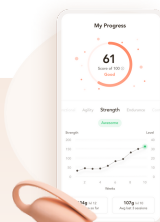
Pain during or after intimacy

## What you get with Bloom



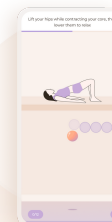
### Expert Care

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.

Activate your no-cost benefit today:

[join.hibloom.com/abk](https://join.hibloom.com/abk)

Available to Collective Health, Centivo, and Kaiser plan participants with vaginal anatomy (age 18 and older) at no additional cost as part of your ABK benefit offering.

1 - Source: Nygaard IE, Shaw JM. Physical activity and the pelvic floor. Am J Obstet Gynecol. 2016;214(2):164-171. doi:10.1016/j.ajog.2015.08.067



Scan to enroll