








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

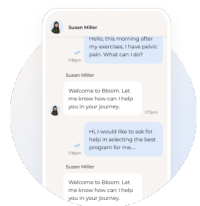
1 in 3 women suffer from pelvic health disorders<sup>1</sup> including bladder issues, bowel dysfunction, and pelvic pain. Sword Health developed Bloom to give you relief with an easy-to-use, at-home pelvic therapy solution.



## Here are some signs you may need pelvic therapy

 <p>Leakage (bladder or bowel)</p>	 <p>Pain or difficulty emptying bladder</p>	 <p>You are pregnant or postpartum</p>	 <p>Pain in the lower abdomen</p>	 <p>Pain during or after intimacy</p>
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## What you get with Bloom



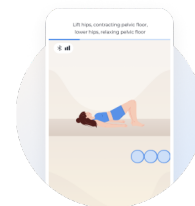
### Expert Care

Bloom's Women's 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/vaumc/go](https://sword.health/bloom/vaumc/go)

Women's Pelvic Health is available at no cost to all US-based employees, spouses, and dependents 18 and older with vaginal anatomy, as a part of the Anthem medical benefits.

<sup>1</sup>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>



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