



## 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



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/wedgewood/go](https://sword.health/bloom/wedgewood/go)

Available at no cost to employees, spouses, and dependents, age 18+ with vaginal anatomy, who are enrolled in a company-sponsored medical plan.

<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>

