



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

One in three women suffer from pelvic health disorders<sup>1</sup> including bladder issues, bowel dysfunction, and pelvic pain. Mass General Brigham Health Plan offers Bloom to eligible members to get 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

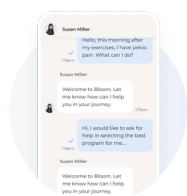


Pain in the lower  
abdomen



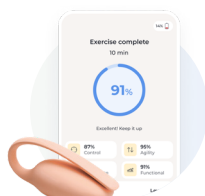
Pain during or  
after intimacy

### What you get with Bloom



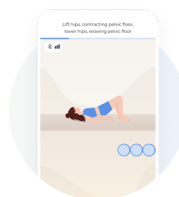
#### Expert Care

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



#### Innovative Tech

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



#### Real Results

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

Get started today at no cost:

[meet.swordhealth.com/bloom/mgbhealthplan](https://meet.swordhealth.com/bloom/mgbhealthplan)

Available at no additional cost to eligible Mass General Brigham Health Plan members who are age 18+, and enrolled in a commercial individual or fully insured employer-sponsored plan.



<sup>1</sup> Sci Rep 12, 9878 (2022). <https://doi.org/10.1038/s41598-022-13501-w>