

# Next-generation pelvic-health care *from home*



Digital pelvic therapy available at no cost to qualifying members as a wellness benefit.



Learn more at:  
[join.hibloom.com/presbyterian](https://join.hibloom.com/presbyterian)



Bladder Health



Sexual Health



Pelvic Pain



Bowel Health



Pregnancy



Postpartum



Menopause

## 1 Expert, individualized care

Bloom's individualized care program is guided by Pelvic Health Specialists, all of whom have Doctor of Physical Therapy degrees.

## 2 Safe, intravaginal pod

The Bloom Pod by Elvie is an intravaginal device that measures contraction, force and lengthening of the pelvic floor muscles. It's encased in medical-grade silicone and provides real-time biofeedback in the app.

## 3 Education throughout the journey

Developed by leading physicians and physical therapists, Bloom's content hub is a safe space to tackle stigmatized topics and seek relief.

## 4 Full-spectrum solution

Bloom is clinical-grade, comprehensive and listed by the Food and Drug Administration (FDA).

### How prevalent are *pelvic disorders*?

**1 in 4** women suffer from **moderate to severe** pelvic-health disorders

**50%** of **pregnant and postpartum** women have pelvic floor disorders

**45%** of women with **chronic pelvic pain** report reduced work productivity

**10%** of reproductive-aged women have **endometriosis**

**74%** of women aged 40-59 suffer from **prolapse**

**1 in 3** women suffer from **bladder issues**