


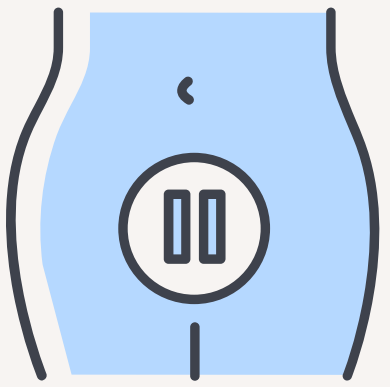
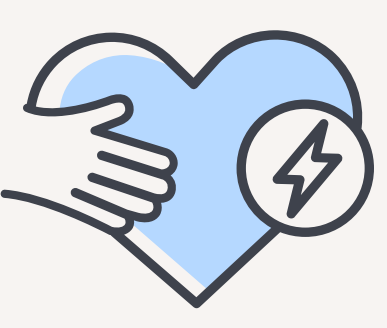




Coming soon: Bloom, your no-cost pelvic health benefit

1 in 3 women suffer from pelvic health disorders¹ 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.

Bloom can help you with the following conditions

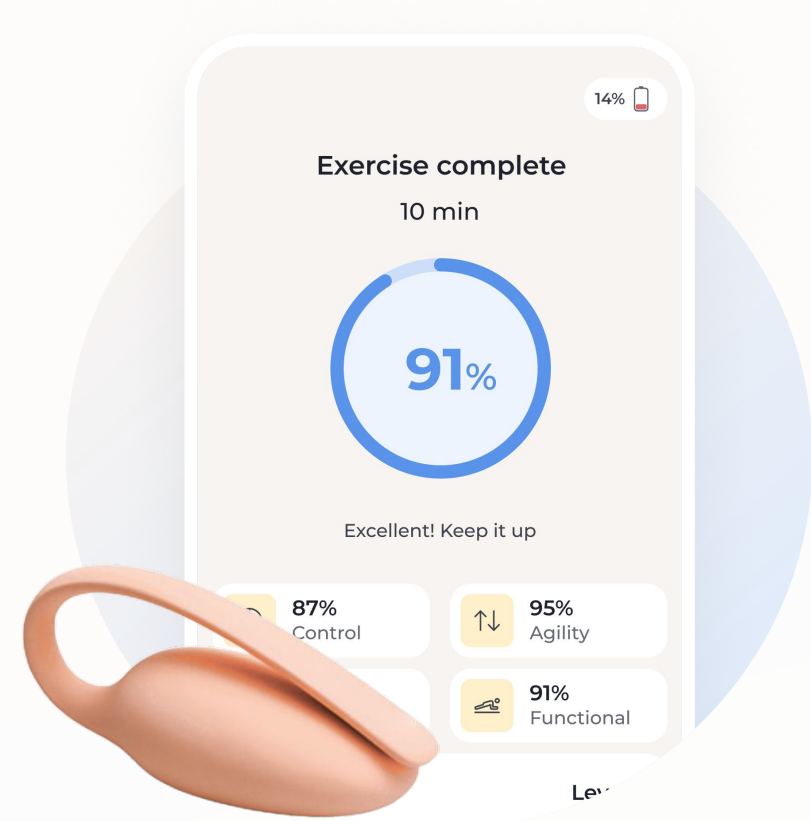
 <p>Leakage (bladder or bowel)</p>	 <p>Pain or difficulty emptying bladder</p>	 <p>Pregnancy or postpartum</p>	 <p>Menopause symptoms</p>	 <p>Pain during or after intimacy</p>
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What you get with Bloom



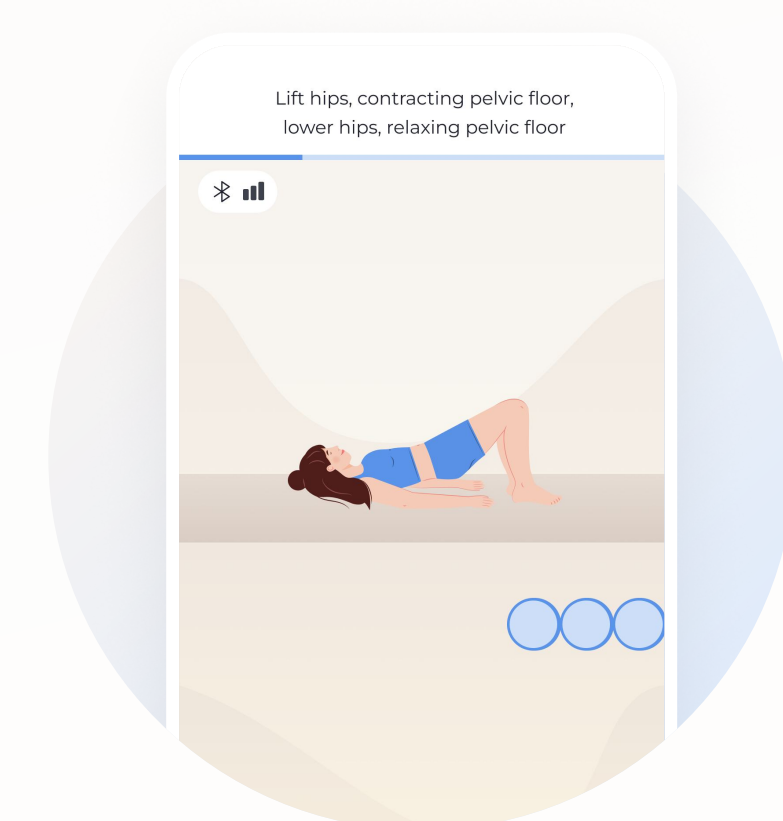
Expert Care

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.

Enrollment information coming soon!

Sword may be available to you and your covered dependents at no additional cost as part of employer health plan benefits.

¹ 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>

