![Capital Blue Cross logo]

Bloom is your digital pelvic health solution.

One in three women suffer from pelvic health disorders[1] including bladder issues, bowel dysfunction, and pelvic pain. Your Capital Blue Cross health plan gives you and eligible family members access to Bloom, a digital solution developed by Sword Health.

Here are some signs you may need pelvic therapy

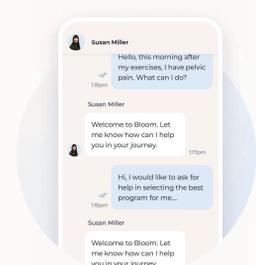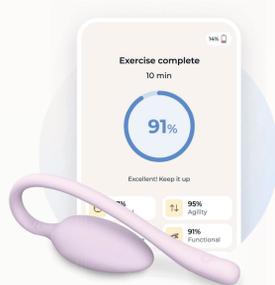| Leakage (bladder or bowel) | Pain or difficulty emptying bladder | You are pregnant or postpartum | Pain in the lower abdomen | Pain during or after intimacy |

What you get with Bloom

Expert Care

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

Innovative Tech

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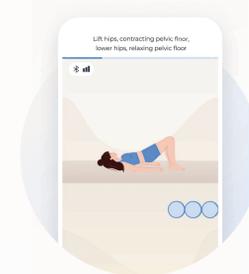
Real Results

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

Scan the QR Code
to learn more or visit:

sword.health/bloom/capitalbluecross/go

sword
bloom

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