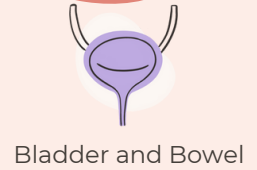


Next-generation pelvic-health care *from home*



Coming Soon!
January 1, 2023
Learn more at hibloom.com

Digital pelvic therapy program available at no cost to qualifying employees as a wellness benefit.*



- 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

*This valuable benefit is available at no cost to employees and retirees with vaginal anatomy enrolled in the medical plan, as well as their covered dependents over the age of 18+.