



Bloom
powered by Sword

Next-generation pelvic-health care *from home*

Digital pelvic therapy available at no cost to qualifying employees as part of your health plan.



Learn more at:
join.hibloom.com/avmedmdc



Bloom pelvic-health care is now available to Miami-Dade County enrolled employees and their spouses and dependents age 18+ with vaginal anatomy —at no additional cost as part of your health plan.



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