

Virtual Pelvic Health

Get support for pelvic health issues on your schedule at no additional cost to you.



If you have issues related to pelvic health, **Virtual Pelvic Health, Bloom by Sword**, can help. This program is available through your health plan at no additional cost to you. Sessions can be completed when and where it's convenient for you.



Take steps to get relief today.

Scan the QR code to enroll in Virtual Pelvic Health through the **My Highmark** app, or visit **MyHighmark.com**. Select the **Benefits** tab, then go to the **Additional Benefits** section. Select **Virtual Pelvic Health**.

Virtual Pelvic Health Bloom by Sword

If you have pelvic pain, a bladder or bowel disorder, pain during intimacy, or issues related to postpartum or menopause, this program can offer support. Virtual Pelvic Health is for women and individuals with vaginal anatomy ages 18 and older.

- You'll answer some questions about your pelvic health symptoms and goals.
- Your dedicated Pelvic Health Specialist will design a personalized pelvic floor exercise program for you.
- You'll receive a Bloom kit, which includes an intravaginal device called the Bloom Pod. It syncs with a program app to guide you through your exercises and provide real-time feedback so you know you're on track.



Because Life.™



Always seek the advice of your physician or other qualified health provider with any questions or concerns regarding a medical condition and before you begin a wellness program. It is important to understand that results are not guaranteed and may vary for each individual.

Insertion of the Bloom pod during any stage of pregnancy is discouraged and is not a requirement for participation in the program. The Bloom program is not designed to be used by those in the first trimester of pregnancy or by those with a complicated or high-risk pregnancy. If you wish to use the Bloom program (with or without the pod) during your second or third trimester of pregnancy, you should first consult with your physician or other qualified health provider prior to participation.

Bloom is a Sword Health Program. Sword Health is an independent company that provides wellness services for your health plan. Sword Health Professionals provides its services through a group of independently owned professional practices consisting of Sword Health Care Providers, P.A., Sword Health Care Providers of NJ, P.C., and Sword Health Care Physical Therapy Providers of CA, P.C.

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