Next-generation pelvic-health care from home

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

Learn more at join.hibloom.com/hopecollege

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).

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**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**