

Bloom After Birth: Healing Your Postpartum Body

Introducing Bloom, your \$0 women's health benefit for postpartum and beyond.



Bloom through pregnancy

Giving birth to a tiny human is amazing. But it can also bring big changes to your body. From bladder leaks to pain during sex, many symptoms go unspoken or untreated. Bloom is here to change that.



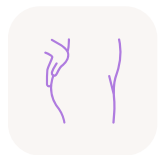
32 %

of postpartum moms experience urinary leakage 1 year after childbirth¹



Nearly **33 %**

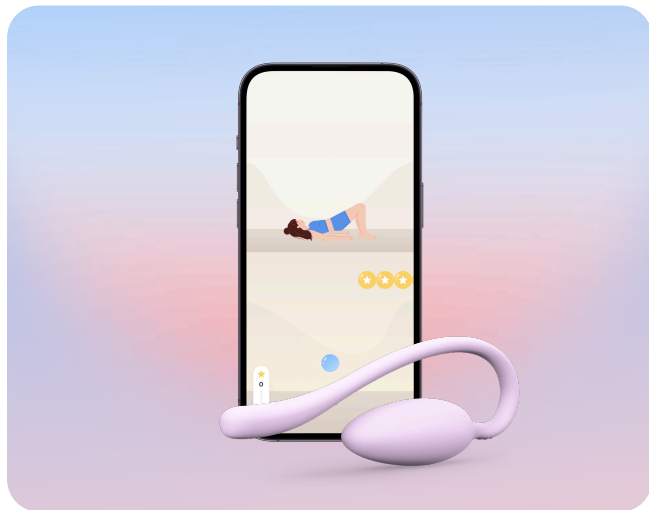
of postpartum moms have abdominal separation at one-year postpartum²



Around **90 %**

of postpartum moms are dealing with low back pain³

These symptoms are common, but that doesn't mean you have to live with them.



Meet Bloom: postpartum relief for moms

Traditional postpartum care may end at a six-week check-up, but that doesn't mean the body is completely healed. In fact, it's estimated that nearly half of all pregnant and postpartum women struggle with some form of pelvic floor disorder.⁴

Whether you're dealing with bladder leaks, constipation, or just want to feel like you again, Bloom helps you relieve postpartum symptoms with personalized care that you can access from home, in just 10 minutes a day. No appointments and no co-pays.

What you get with Bloom:

- ✓ 1:1 guidance from a dedicated Pelvic Health Specialist
- ✓ A personalized program for your goals and symptoms
- ✓ Short, effective sessions through the Sword Health app
- ✓ Real-time feedback using the safe, intravaginal Bloom Pod

The best part? Bloom is available tto you at \$0 cost as part of your benefits.

Signs you could benefit from Bloom:

Common symptoms include:

- ✓ Leakage (bladder or bowel)
- ✓ Low back pain
- ✓ Constipation
- ✓ Pain while peeing
- ✓ Trouble emptying bowels or bladder
- ✓ Pelvic pressure
- ✓ Core weakness and diastasis recti
- ✓ And more

How it works:

Four Easy Steps:

- 1 Enroll online
- 2 Meet virtually with your Pelvic Health Specialist
- 3 Receive your Bloom kit, including the Pod and app access
- 4 Begin sessions from home, in just 10 minutes a day

Start feeling better
in 10 minutes a day.

Join thousands of women
who are finding relief with Bloom.



Activate your \$0 cost
benefit today

sword.health/bloom/lamresearch/mothers4

Scan the code with
your phone camera

“

I think this whole program is amazing, especially for busy moms and anyone else for whom it would be difficult to get to in-person appointments...before I started this program, I couldn't even imagine how it would work virtually. Now I can't even imagine how it would work in person!

Sword Member, Bloom

