Next-generation pelvic health care from home

Digital pelvic therapy available at no additional cost as part of Medical Mutual's Chronic Condition Management Program.

Learn more at join.hibloom.com/MedMutual

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. 1 in 4 women suffer from moderate to severe pelvic health disorders
2. 50% of pregnant and postpartum women have pelvic floor disorders
3. 45% of women with chronic pelvic pain report reduced work productivity
4. 10% of reproductive-aged women have endometriosis
5. 74% of women aged 40-59 suffer from prolapse
6. 1 in 3 women suffer from bladder issues

Bloom is available at no additional cost to all US-based Medical Mutual members and covered dependents who are age 18+ with vaginal anatomy regardless of gender identity as part of Medical Mutual's Chronic Condition Management Program.