Anthem | LiveHealth Online Bloom Women's Pelvic Health sword | ASSURANT

Bloom, your no-cost women's health benefit

Looking for relief from bladder leaks, constipation, period cramps, pregnancy discomfort or postpartum issues?

Enroll in Bloom and work with a Women's Health Specialist who will create a personalized plan you can do in just minutes a day to help address your symptoms – from the comfort of home.

Bloom helps relieve:

- Leakage (bladder or bowel)
- Painful period cramps
- Frequent peeing
- Pregnancy discomfort
- Postpartum issues
- Pain during or after intimacy
- And more

1

Enroll in minutes

Answer a few questions and schedule a call with your Women's Health Specialist.

2

Get your Bloom kit

Your kit includes the Bloom Pod, a small intravaginal device that pairs with the Sword Health app to help you track your progress.

3

Connect with your Specialist

She will guide you in the Sword Health app and adjust your program as you progress.

4

Feel better

Complete short, guided sessions in 10 minutes a day from home and feel the difference in weeks!*

Scan the QR code, visit our website, or call us.

Start feeling better.

Enroll at no-cost.

sword.health/bloom/assurant/go

(385) 533-0019 Access code: 629

1. *Those that score 5/7 or higher on PGIC scale after 9 sessions | Sword 2024 member base.

Bloom is available at no cost to all US-based employees, spouses, and dependents 18 and older with vaginal anatomy, who are enrolled in the Anthem health plan