

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



Bladder Health



Sexual Health



Pelvic Pain



Bowel Health



Pregnancy



Postpartum



Menopause

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 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

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.