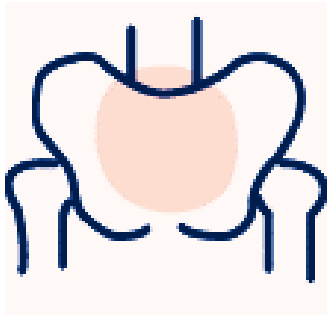


A virtual care program focused on relieving symptoms associated with pelvic conditions

Overview



- Highmark’s Virtual Pelvic Health Program – Bloom by Sword is an expansion of Highmark’s Virtual Physical Care Program powered by Sword
- The Virtual Pelvic Health Program helps your eligible Highmark patients with pelvic pain, bowel or bladder disorders, issues with intimacy well-being, pregnancy or postpartum, or menopause get relief from their symptoms.

Eligibility and Exclusion Criteria

Program Eligibility

- ≥ 18 years old
- Must have vaginal anatomy
- Covered by a self-insured (ASO) plan that has opted into the Virtual Physical Care program powered by Sword

Exclusion Criteria*

- Patients receiving active cancer treatment
- Certain neurological, cardiac, respiratory, or similar health conditions
- High fall risk/significant loss of coordination
- Inability to bear weight on lower limb, follow commands, Significant trauma to affected area within 3 months, fracture or suspected fracture
- Pain from non-MSK causes or symptoms concerning for cancer (if suspected by PT or not previously addressed)
- Complicated or high-risk pregnancy. within 6 weeks postpartum or within first trimester of pregnancy

*Exclusion list not complete; the PT will determine if a patient’s condition makes them ineligible for virtual care upon initial evaluation

How Does the Program Work?

- Patients meet virtually with a licensed physical therapist (PT) who specializes in pelvic health conditions to design a custom program.
- After meeting with the PT, members will receive a Bloom kit which includes an insertable pressure-sensing pod.
- Members will be instructed to download the Sword app on their personal mobile device. Working together, the pressure-sensing pod and Sword app will provide biofeedback as the member does their exercises.
- The PT follows the patient throughout the program and uses the pod data to adjust the program as necessary
- **Highmark members can enroll in the Virtual Pelvic Health Program through their Highmark member portal**

What Does This Mean to You?

- Many women may feel uncomfortable seeking in-person PT. Bloom lets patients do the exercises from the comfort and privacy of home. This may also be ideal for those with transportation or other accessibility restrictions.
- The Bloom program can help improve function, reduce pain associated with certain pelvic conditions, avoid more serious issues due to untreated pelvic conditions and have an overall improvement in quality of life for your Highmark patients
- The Virtual Pelvic Health Program (Bloom) can help patients get relief quicker than waiting for an in-person physical therapy appointment
- Sword sessions don’t count against your patients’ allowed number of PT visits in their benefits

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