

Frequently Asked Questions (FAQs)

Q: What is Bloom?

A: Bloom is the next generation of pelvic-health care. It addresses women's pelvic-health disorders. The solution combines a Pelvic Health Specialist, intravaginal biofeedback sensor, a tailored pelvic-exercise program, and insightful resources to improve pelvic-floor health and function. Bloom provides clinical-grade care for pelvic health addressing bowel dysfunction, bladder disorders, pain from sex, bloating, discomfort, and pelvic pain.

Q: Who is Bloom for?

A: Bloom is designed for women, spouses, dependents and individuals with vaginal anatomy age 18 and older. It addresses pelvic conditions through adulthood, pregnancy, postpartum, and menopause.

Q: What is a Pelvic Health Specialist and what do they do?

A: All of Bloom's Pelvic Health Specialists have Doctor of Physical Therapy Degrees and years of clinical experience focusing specifically on the pelvic floor and pelvic health. Bloom members select a Pelvic Health Specialist to guide them through their Bloom program, and to answer questions along the way. This specialist integrates exercises to the pelvic-floor muscles and pelvic-girdle muscles and educates on anatomy, bladder/bowel habits, pain management strategies, and

lifestyle modifications.

Q: How much does Bloom cost?

A: Bloom is an employee benefit paid for by Northrop Grumman available to Anthem members.

There is no cost to you or your family members.

Q: Will my family members be eligible to try Bloom?

A: Bloom is designed for women, spouses, dependents and individuals with vaginal anatomy age

18 and older.

Q: When can I expect to see the results?

A: The results you see will vary depending on why you are using Bloom and what your goals are. We expect some members will see improvement in as little as 4 weeks, however, the extent of these improvements may vary depending on your individual circumstances.

Q: Will my employer know that I enrolled in Bloom?

A: No. Bloom is a HIPAA compliant program and all of the details of your program including participation, progress, and personal information are private. Our Pelvic Health Specialists meet with you over HIPAA-compliant channels, and all of your information is confidential.