

Relieve menopause symptoms from the comfort of home



Menopause isn't just about hot flashes. It can also affect your mood, sleep, bladder control, intimacy, and more—and every woman experiences it differently.

That's why Bloom created a new, whole-body menopause program personalized to your symptoms—all from the comfort of home. It's available at no cost through your benefits and getting started couldn't be easier.

Bloom's new menopause program can help address:

- ✓ Hot flashes
- ✓ Night sweats
- ✓ Bladder leaks
- ✓ Pain with intimacy
- ✓ Weight gain
- ✓ Memory problems
- ✓ Joint and muscle pain
- ✓ And more

Depending on your symptoms, your Bloom menopause program can include:

Enroll in minutes

Helps relieve bladder leaks, frequent urges to pee, and pain during intimacy.

Get your Bloom kit

Helps with hot flashes, sleep, mood swings, and brain fog.

Connect with your Specialist

Helps address weight gain, joint pain and stiffness.

Feel better

Helps you understand what's happening and how to manage your symptoms.



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

Start feeling better.
Enroll at no-cost.

sword.health/bloom/ahatpa/go
(385) 533-0019 Access code: 258

