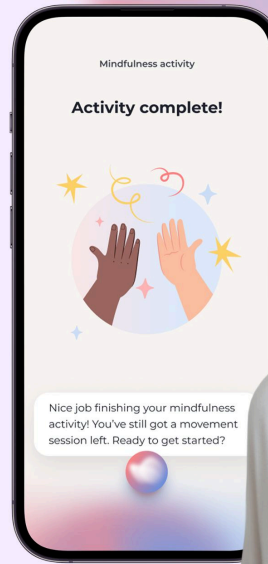


Relieve pelvic health symptoms from the comfort of home

The care you've been waiting months for now starts in 48 hours thanks to West Lothian Council.



Looking for relief from bladder leaks, pregnancy discomfort, postpartum issues, pain during intimacy, or other pelvic or menopause symptoms?

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

Bloom helps relieve:

- ✓ Bladder leaks
- ✓ Pregnancy discomfort
- ✓ Postpartum issues
- ✓ Pain with intimacy
- ✓ Hot flashes
- ✓ Mood swings
- ✓ Frequent peeing
- ✓ And more

Here's how it works:

1. Receive a referral to Bloom

Speak to your line manager about accessing Bloom and they can make a referral.

2. Complete your enrolment

Fill out a short form and book your first call with your therapist, who will create your programme.

3. Get your Bloom kit

including the Bloom Pod used during exercises to get real-time feedback in the Sword Health app.

4. Start feeling better

as you progress through your programme with ongoing support from your Specialist.

Get relief today at no cost and from the comfort of home.

Sword Health will be in touch with next steps.

