

# Bloom women's health programme: Referral guide



## Bloom FAQs

### What is Bloom?

Bloom is a guided, at-home pelvic health programme for women experiencing common pelvic health symptoms. Care is led by a Women's Health Specialist with physiotherapy training, who supports patients through personalised pelvic floor exercises using the Bloom Pod, a small intravaginal medical device that provides real-time feedback to guide correct exercise technique. Bloom offers a clinically validated option that can be accessed from home and is now available at no-cost to West Lothian Council employees via manager referral.

### When should Bloom be considered?

Bloom can be considered when:

- Symptoms are affecting comfort, confidence, or daily activities
- The patient is awaiting in-person pelvic health services
- Early intervention may help prevent symptom progression
- A home-based option would improve access, privacy, or engagement

### Do managers make clinical decisions?

Managers are not expected to assess, diagnose, or decide treatment. Your role is simply to help employees access support. All clinical assessment and decisions are handled by Sword's physiotherapy team.

### Can employees self-refer?

No. Access to Bloom is via manager referral. Managers can also access Bloom by being referred through their own line manager.

### Is this service confidential?

Yes. Conversations between employees and Sword's clinical team are confidential and handled in line with clinical and data protection standards.

### Is there a cost to employees?

No. Bloom is available to employees at no cost.

## How to make a referral

### ✉ Refer via online form

To refer an employee to Bloom, referring managers should use the secure referral link below. You will be asked to sign up using your professional email address. Once registered, you can submit referrals by completing a short form.

[Referral form](#)

## What happens after I refer someone?

### Patient invited to enrol

The patient receives an email invitation to enrol in Bloom.

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### Clinical screening & onboarding

The patient meets their therapist who creates their custom programme.

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### Bloom kit delivered

The patient receives a kit including an intravaginal Pod that helps guide and monitor their pelvic floor exercises.

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### Care begins at home

The patient starts their personalised pelvic health programme at home.



## Start making referrals today

[Scan the code or click here.](#)