

# A Digital Pelvic Wellness Program



Kiara Health

## What Is PelvicSense

A self-paced online (web & app) pelvic wellness home program for people with chronic pelvic pain and pelvic floor dysfunction done along with medical care.

Developed by a pelvic PT, educator and researcher, the gender-neutral informational program includes:

- Guided pain-science-informed mind/body exercises to reduce central sensitization, pain and restore optimum pelvic function
- Pelvic education (bladder, bowel, core, and sexual wellness)
- **24/7 access in the comfort & privacy of home**, on the client's timeline to enhance healing

## How It Works

- Follow a "Trio of Healing Skills" Roadmap:
  - **Learn:** 20 educational modules to learn the why and how to reverse pelvic distress
  - **Rewire:** audios with music to elicit the relaxation response, calm the nervous & immune system
  - **Move:** a gentle progression of 45+ breathing and mindful body movements

## Privacy & Platform

- No private health information is collected
- Only the client's name and email address is required for signup/login
- Hosted on Kajabi all-in-one single platform

## Program Structure & Cost

- Silver Subscription: \$58 US per month
- Suggested use: 30 min. 3 days/week for 3 months
- Use the QR code to get started!

## Research Backed

- 2-year study of 3 cohorts of women with Vulvodynia, Endometriosis and PGAD showed statistically significant reductions in pain intensity and reduced pain catastrophizing scores (PCS)

## HSA/FSA Reimbursement

- Some clients may be able to submit PelvicSense for HSA/FSA reimbursement with a Letter of Medical Necessity from their provider. Reimbursement is determined by the individual plan

