

# myPFM Ambassador Membership Perks

Pelvic Health for All. Everyone. Everywhere. Every Language.

## Basic\*

FREE

Exclusive access to the  
@myPFM.ambassadors instagram  
account

Exclusive access to the  
@myPFM.ambassadors facebook  
page

Instagram growth and support tips

Exclusive weekly Q&A with  
Jeanice Mitchell via Instagram live

The knowledge that you are  
helping people all over the world!

Exclusive myPFM Ambassador  
seal to use on resources you  
create

\*Requires completion of  
ambassador application and 1 of  
the following:  
-Free community outreach event  
-Completion of Phase 1 Translation  
Program

## Pro

\$24.99/mo

All the benefits of Basic

Exclusive Pro member only access  
to myPFM custom anatomy  
images, animations, canva designs,  
and global language designs for  
use in resources you create

Exclusive Pro member only  
monthly access to 3 live or  
recorded pelvic health webinars:  
expert interviews, research reviews,  
and Q&A's

Grow your social media platforms:  
free shout-out after joining, free  
shout-outs for high engagement  
and contests

Priority as an instagram live  
Interview guest

The knowledge that you are  
helping people all over the world!

myPFM Ambassador Pro Seal

## Pro Plus+

\$49.99/mo

All the benefits of Basic & Pro

Free myPFM "Pelvic Floor Basics"  
ebook

Free myPFM t-shirt (teepublic  
destinations only)

25% off social media ad rates\*

Personal live chat with Jeanice  
Mitchell

Monthly shout-out on instagram

High priority as an instagram live  
interview guest

Our never ending gratitude

The knowledge that you are helping  
people all over the world!

myPFM Ambassador Pro Plus+ Seal

\*See separate rate sheet

myPFM is a non-profit 501(c)(3) organization and all membership fees are tax deductible