

Sword

VIRTUAL PHYSICAL CARE



Sword. Manage pain virtually.

One in 4 people live with pain from a musculoskeletal condition.* That's why Sword is excited to offer members a virtual physical care program. Using a tablet and wearable sensors, you can connect virtually with physical therapists to get real-time feedback and guidance. And it's available at zero cost to you and your dependents through your employer's health plan benefits.

What you get from Sword:

- Convenient, virtual access to physical therapists using wearable sensors, a tablet, and a phone-based app for easy communication.
- Guided exercises using sensor-based technology that's more accurate at detecting movement than the human eye.
- Zero out-of-pocket costs.
- A self-service option available on the Sword portal for members with lower-level joint and muscle issues.
- Information about cognitive behavioral therapy, as well as assistance and solutions for joint and muscle pain.
- Comprehensive support, including virtual visits, chat functions, guided feedback, and educational content.
- The flexibility and convenience to complete your guided exercise session from anywhere.

Participants had a 70% reduction in pain, plus a 52% reduction in depression, and 35% reduction in anxiety.**

Don't let joint and muscle pain slow you down.

* National, Regional, and ACA Markets BoB - Based on rolling incurred time frame of March 2019 - February 2020, paid through April 2020.

** SWORD Health Financial Outcomes Report 2020.

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The Claims Administrator/Insurer complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

请注意：如果您说中文，可向您提供免费语言协助服务。请拨打您的身份证背面的号码（TTY：711）。