



WELLNESS SOLUTIONS

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 Highmark 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.

Talk to your benefits manager to learn more.

* 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.

SWORD Health, Inc. does not provide health care services. SWORD Health, Inc. is an independent company that provides wellness services for Highmark Blue Cross Blue Shield. SWORD Health Professionals provides its services through a group of independently owned professional practices consisting of Sword Health Care Providers, P.A., SWORD Health Care Providers of NJ, P.C., and SWORD Health Care Physical Therapy Providers of CA, P.C.

Health benefits or health benefit administration may be provided by or through Highmark Blue Cross Blue Shield, Highmark Choice Company, Highmark Health Insurance Company, Highmark Coverage Advantage, Highmark Benefits Group, First Priority Health or First Priority Life, all of which are independent licensees of the Blue Cross Blue Shield Association.

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）。