



Because Life.™

# Welcome to Sword

Your virtual physical care solution.



## Get expert guidance at your fingertips with Sword.

Combining personalized support with the latest digital tools, Sword gives you the freedom to help overcome joint and muscle pain anytime, anywhere.

### Here's how it works:

Using a tablet and motion sensors that track and guide your movement, you're matched with a physical therapist who creates a customized, self-guided care plan, then monitors your progress while providing ongoing support.

Sword may also help you avoid surgery or reduce your need for medication.

### The best part?

It's included in your health care plan at no cost to you.

### Sword can help relieve:

- Back pain.
- Elbow pain.
- Shoulder pain.
- Hip pain.
- Neck pain.
- Ankle pain.
- Knee pain.



To enroll online,  
scan this QR code  
with your phone.





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Sword Health, Inc. does not provide health care services. Sword Health, Inc. is an independent company that provides wellness services for your health plan. 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.

The Sword virtual physical care program is made available with support from Sword Health

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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）。