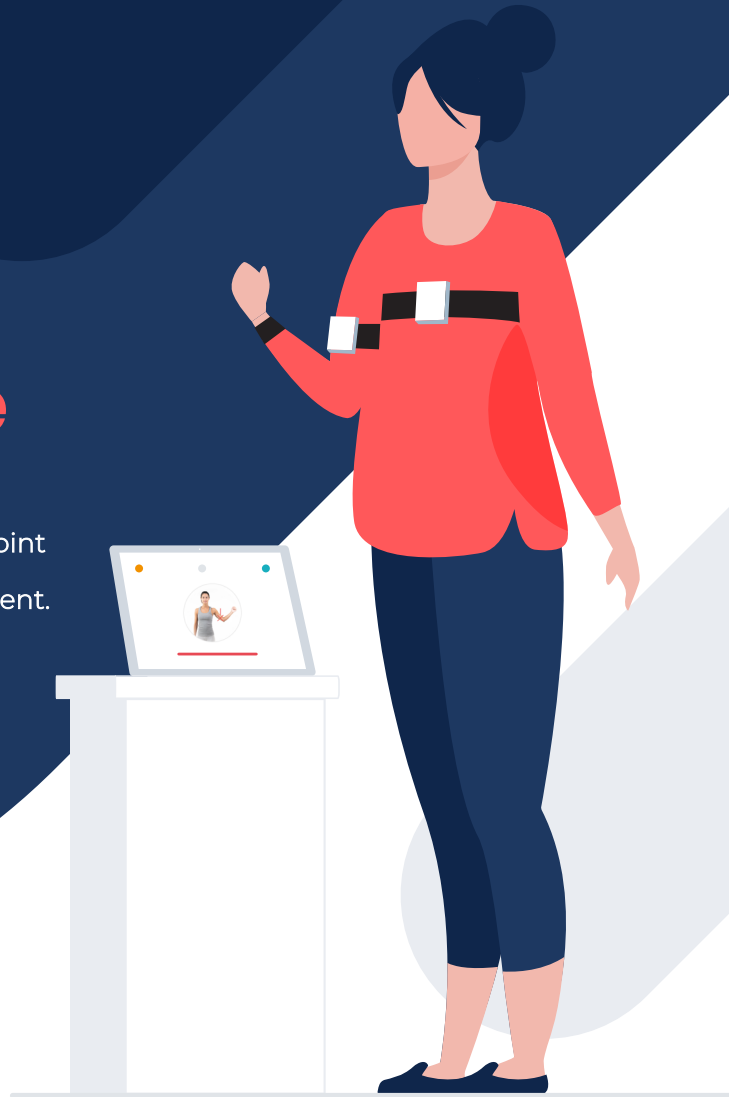


Relieve pain from the comfort of home

Tired of chronic and post-surgical pain or loss of mobility? We have you covered! Meet SWORD, the new virtual physical therapy program designed to help you overcome your back, joint or muscle pain – at home. Combining physical therapists with easy-to-use technology, SWORD is far more than just convenient. It's proven to work better than in-person physical therapy.

More information and how to register coming soon!

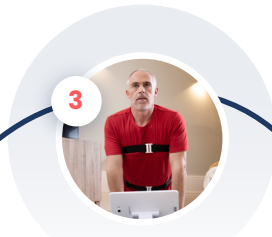


How it works



1 Your dedicated physical therapist designs an exercise program just for you.

SWORD will ship you a tablet and motion sensors to guide you and provide real-time feedback during your exercises.



3 Complete your exercise sessions at home when it is convenient for you.

Your physical therapist is there to support you virtually and is available via the SWORD app



Wherever it hurts, SWORD can help



Back



Shoulder



Neck



Knee



Elbow



Hip



Ankle



Wrist



Pelvic

Available to eligible members as part of your health plan benefits.