



Because Life.™

Virtual Physical Care

powered by Sword

One in four people lives with pain from a musculoskeletal condition.*

That's why we're excited to offer members a virtual physical care program. Using a **tablet with motion-tracking technology**, you can connect with a **physical therapist (PT)** to get **real-time guidance**. And it's available at **no additional cost** to you and your dependents through your Highmark health plan.

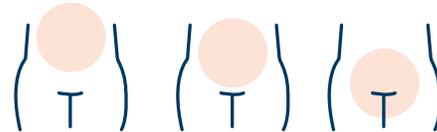
Manage muscle, joint, and pelvic health issues virtually.



Virtual Joint Health

Thrive by Sword

- Virtual access with a PT who designs a program customized to your needs.
- Guided exercises through a tablet with motion-tracking technology that gives you real-time feedback.
- A self-service option on the app for members with low-level joint and muscle issues.



Virtual Pelvic Health

Bloom by Sword

- Virtual access with a PT who specializes in pelvic pain, bowel or bladder disorders, or issues related to intimacy well-being, pregnancy or postpartum, or menopause.
- A program designed just for you, which includes your Bloom kit and an insertable pressure-sensing pod that syncs with the program app.

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

Talk to your benefits manager to learn more.



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

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

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