

Relieve pain from the comfort of home

Tired of chronic, 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 licensed 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.*

•
•
•
•



Get
started
today.

join.swordhealth.com/fcf/register

*Sword Clinical Studies

How it works



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



Sword will ship you a **tablet + motion sensors** to guide you & provide real-time feedback.



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



Your physical therapist is there to support you virtually & is **available at any time.**



This valuable benefit is available at no cost to employees and retirees enrolled in the medical plan, as well as their covered dependents age 13 and over.

© Copyright 2022 Sword Health Technologies, Inc. All rights reserved.