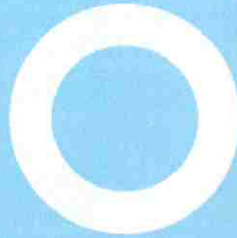


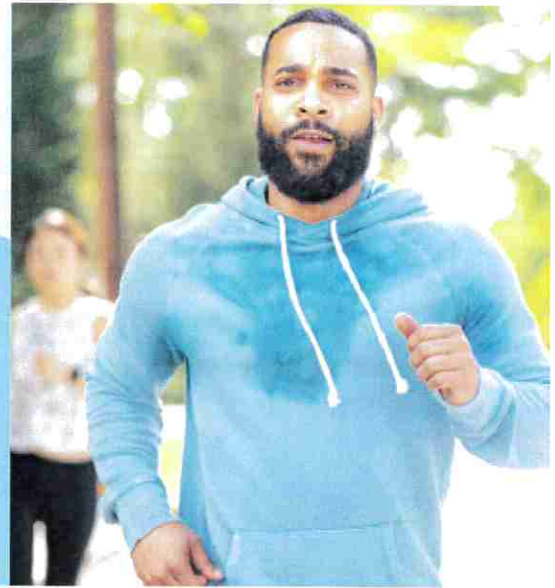
**HIGHMARK** 

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:

visit <http://join.swordhealth.com/highmarkbcbs>  
or scan the QR code with your phone.

