

# Virtual Joint Health

Thrive by Sword



Get support for joint and muscle pain, anytime, anywhere.

Whether you're dealing with acute pain, chronic discomfort, or just want to build healthy habits that improve your mobility, Virtual Joint Health can help.

Anyone 13\* or older with back, shoulder, hip, knee, ankle, neck, elbow, or wrist pain can participate.

**And it's available through your health plan at no additional cost to you.**

\*Individuals 13 – 17 will need to obtain consent from their parent or guardian.



# 69%

**of participants reported decreased pain.\*\***



Because Life.™

\*\*Among members that reported a pain or symptoms level of 4+ at enrollment, and reported below 4 during a clinical reassessment (scale of 0 – 10).  
Source: Sword - Highmark Executive Business Review, November 2024.

## Here's how it works:

### For acute or chronic pain needs:

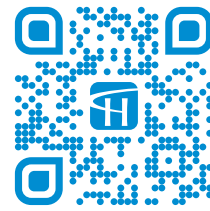
- When you enroll, you'll answer some questions about your pain and goals. Then a dedicated Joint Health Specialist will design a personalized exercise program for you.
- Then you'll receive a tablet loaded with an exercise program you can complete in around 10 minutes a day. The tablet has motion-sensing technology to guide your movement and give real-time feedback.

### Healthy habits anytime:

- Access an on-demand video library in the Sword Health app for reliable, educational resources designed to help you prevent pain and increase mobility.



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## Get started today.

Enroll in Virtual Joint Health in the My Highmark app or website where you can easily manage your health — and health coverage. Follow these three steps:

1. Scan the QR code to visit the **My Highmark** app, or go to **MyHighmark.com**.
2. Select the **Benefits** tab.
3. Find **Virtual Joint Health** in the **Additional Benefits** section.

Always seek the advice of your physician or other qualified health provider with any questions or concerns regarding a medical condition and before you begin a wellness program. It is important to understand that results are not guaranteed and may vary for each individual.

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

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.

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