

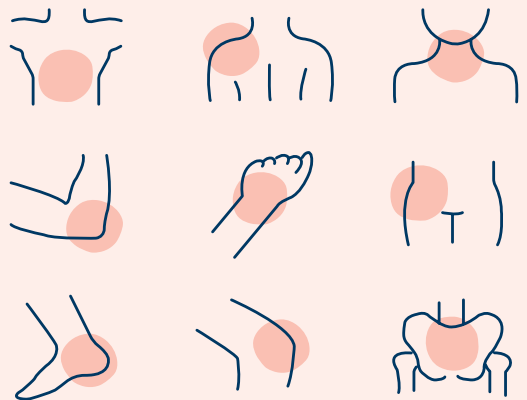
# Virtual Physical Care

Get relief from joint and pelvic health issues on your schedule at no cost to you.



If you're experiencing joint or muscle pain, or have issues related to pelvic health, **Virtual Physical Care, powered by Sword**, can help. This program is included in your health plan at no additional cost. Sessions can be completed when and where it's convenient for you. Now that's an easy way to get the care you need.

Your physical therapist can design a customized program to treat the following areas:



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## Virtual Joint Health Thrive – by Sword

This program may be right for you if you're experiencing discomfort, even if you're not recovering from an injury and your pain is manageable. It's for ages 13 and up.

- You get started by meeting virtually with a physical therapist (PT) who designs a program customized to your needs.
- You'll receive a tablet with motion-tracking technology that guides you through exercises and gives you real-time feedback.
- Your PT follows your progress and adjusts the program as needed.
- You chat with your PT through a program app, via video visits, or on the phone when you have questions.

## Virtual Pelvic Health Bloom – by Sword

If you have pelvic pain, a bowel or bladder disorder, or issues related to intimacy well-being, pregnancy or postpartum, or menopause, this program can offer relief. This program is for women and individuals with vaginal anatomy ages 18 and older.

- You meet virtually with a physical therapist (PT) who specializes in pelvic health conditions.
- They'll design a program just for you.
- You'll receive a Bloom kit, which includes an insertable pressure-sensing pod that syncs with a program app that you download. They work together to provide biofeedback as you do your exercises.

### Take steps to feel better.

To enroll in Virtual Physical Care, download the **My Highmark** app or visit **MyHighmark.com**. Select the **Benefits** tab, then to go the **Health and Wellness** section. Select **Virtual Joint Health** or **Virtual Pelvic Health**.



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