



Heal your body. Help our heroes.



If you're among the 2 billion people suffering from back pain, joint aches or pelvic health concerns, Sword Health can help you feel better.

Plus, taking care of yourself now means supporting others, too. Enroll in Sword Health's Thrive or Bloom program by November 30th, and Sword will donate up to \$50 per member* to the Tunnel to Towers Foundation in support of our Veterans.

Enroll in a Sword Health program:



Joint Health: Thrive
Discover at-home virtual joint health with Thrive for back, joint, and muscle pain. Thrive combines clinical expertise with easy-to-use tech to help you find relief from pain anytime, anywhere. Thrive is available at no additional cost as part of your Highmark benefits for members 13 or older.

[Enroll in Thrive](#)



Women's Pelvic Health: Bloom
Get relief for bladder leakage, bowel disorders, pelvic pain, and more with Bloom. With personalized guidance from a dedicated pelvic health specialist, you'll work through a customized plan and track your progress using the Sword mobile app in the privacy of your home. Bloom is available at no additional cost as part of your Highmark benefits for women and individuals with vaginal anatomy ages 18 or older.

[Enroll in Bloom](#)

Earn up to a \$50 donation*:



Enroll in [Thrive](#) or [Bloom](#) by November 30th and choose your dedicated physical therapist (Thrive) OR pelvic health specialist (Bloom).



You'll receive a kit (either with the Thrive tablet or the Bloom pod) to guide you during your at-home exercise sessions.



Complete your customized program, see your results in the app, and receive ongoing guidance and support.



We'll donate up to \$50 to the Tunnel to Towers Foundation*.

- Complete 3 total sessions by 12/31 and Sword will donate \$25.
- Complete 9 total sessions by 12/31 and Sword will donate an additional \$25.

The Sword Health difference:



Convenient
Complete your customized program from the comfort and privacy of your home.



Effective
Powerful technology and a personal connection leads to life-changing recovery.



No additional cost
Available at no additional cost as part of your Highmark benefits.

*Sword Health will contribute up to \$50 per enrollee, up to a total donation amount of \$36,000.00, to the Tunnel to Towers Foundation.

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.

Sword Health is an independent company that provides wellness services for your health plan. 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.

Thrive is a Sword Health Program. Thrive is available at no additional cost to all members (age 13 and over) as part of your health plan benefits. Individuals ages 13-17 will need to obtain consent from their parent or guardian.

Bloom is a Sword Health Program. Bloom is available at no additional cost to all members with vaginal anatomy (age 18 and over) as part of your health plan benefits. Do not use Bloom if you are in the first trimester of your pregnancy. Consult with your physician or other qualified health provider prior to use of Bloom during your second or third trimesters of pregnancy. Bloom is not designed to be used by those with a complicated or high-risk pregnancy.

Benefits and/or benefit administration may be provided by or through the following entities, which are independent licensees of the Blue Cross Blue Shield Association:

Western and Northeastern PA: Highmark Inc. d/b/a Highmark Blue Cross Blue Shield, Highmark Choice Company, Highmark Health Insurance Company, Highmark Coverage Advantage Inc., Highmark Benefits Group Inc., First Priority Health, or First Priority Life. Your plan may not cover all your health care expenses. Read your plan materials carefully to determine which health care services are covered. For more information, call the number on the back of your member ID card or, if not a member, call 866-459-4616.

Delaware: Highmark BCBSO Inc. d/b/a Highmark Blue Cross Blue Shield.

West Virginia: Highmark West Virginia Inc. d/b/a Highmark Blue Cross Blue Shield. Click here to view the Access Plan required by the Health Benefit Plan Network Access and Adequacy Act. You may also request a copy by contacting us at the number on the back of your ID card.

Western NY: Highmark Western and Northeastern New York Inc. d/b/a Highmark Blue Cross Blue Shield.

All references to "Highmark" in this document are references to the Highmark company that is providing the member's health benefits or health benefit administration and/or to one or more of its affiliated Blue companies.

The Claims Administrator/insurer complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCION: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

请注意：如果您说中文，可免费获得语言协助服务。请拨打您的身份证背面的号码 (TTY: 711)

Non-Discrimination Policy



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