



Heal your body.
Help our heroes.

[First Name] [Last Name]
[Address 1]
[City], [State] [Zip]

Relief is here.

Are you living with joint, back, or muscle pain? Thrive is a virtual joint health program that combines clinical expertise with easy-to-use technology to help you find relief from pain, all from the comfort of home.

This Veterans Day, doing good for yourself means doing good for others, too. Enroll in Thrive by November 30th and Sword Health will donate up to \$50* to the **Tunnel to Towers Foundation** in support of our Veterans.



Enroll by November 30th to start earning a donation.

Earn up to a
\$50 donation.*

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

How Thrive works:



Pick your PT

You'll choose a physical therapist, who will develop a program for you, based on your goals and abilities.



Get your kit

Your kit includes the Thrive tablet, with motion-sensing technology, to guide you through your sessions.



Stay connected

Chat 1:1 with your PT anytime. They'll check in, monitor your progress, and adjust your program as needed.



Feel the relief

Complete your exercise sessions whenever is most convenient for you. Then feel pain relief for yourself.

Scan the QR code
to activate your no-cost benefit or visit:

sword.health/thrive/highmarkbcbs/heroes





*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.

Sword 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.

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.

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 866-459-4418.**

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

West Virginia: Highmark West Virginia Inc. d/b/a Highmark Blue Cross Blue Shield. **Visit <https://www.highmarkbcbswv.com/networkaccessplan> 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.**

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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，可向您提供免费语言协助服务。请拨打您的身份证背面的号码 (TTY: 711)

