

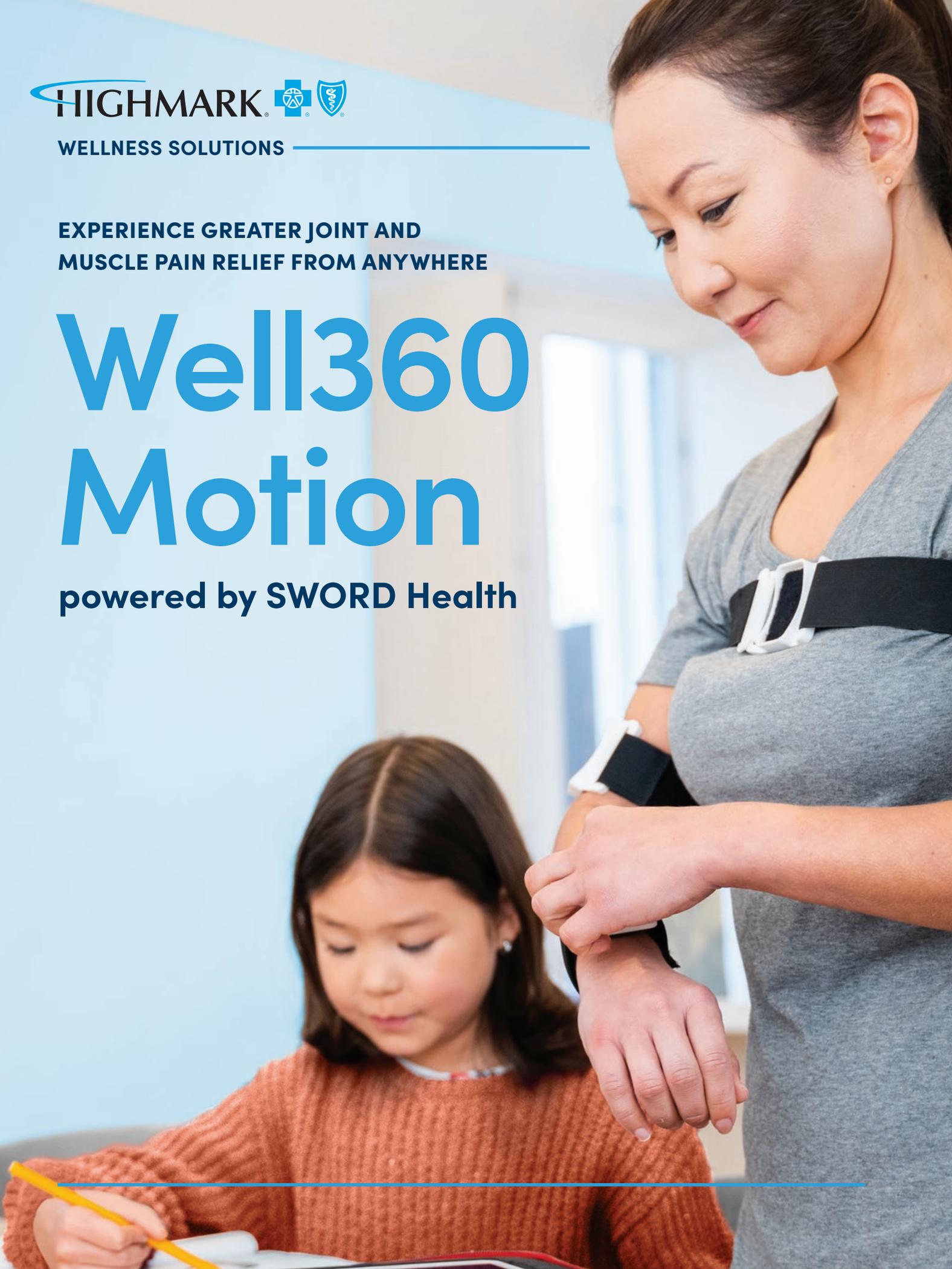


WELLNESS SOLUTIONS

EXPERIENCE GREATER JOINT AND
MUSCLE PAIN RELIEF FROM ANYWHERE

Well360 Motion

powered by SWORD Health



Get better. And stay better too.

Well360 Motion is a virtual physical health program offered by Highmark and powered by SWORD. Combining personalized care with the latest digital tools, it gives you the freedom to overcome joint and muscle pain anytime, anywhere.



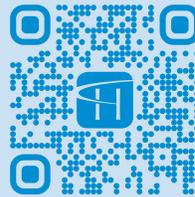
Using a tablet and motion sensors that track and guide your movement, you're matched with a physical therapist who creates a customized, self-guided care plan, then monitors your progress while providing ongoing support.

Included at no cost to you, Well360 Motion may also help you avoid surgery or reduce your need for medication.

Wherever it hurts, Well360 Motion can help relieve:

- Lower back pain
- Elbow pain
- Shoulder pain
- Hip pain
- Neck pain
- Ankle pain
- Knee pain

Live life with a greater range of motion. To get started, visit join.swordhealth.com/bcbs.



Scan this QR code to view a short video that explains more about how Well360 Motion works.

* SWORD Health Financial Outcomes Report 2020.

SWORD Health, Inc. does not provide health care services. SWORD Health, Inc. 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. The Well360 Motion program is made available with support from SWORD Health.

All references to "Highmark" in this communication are references to Highmark Inc., an independent licensee of the Blue Cross Blue Shield Association, and/or to one or more of its affiliated Blue companies.

Health benefits or health benefit administration may be provided by or through Highmark Blue Cross Blue Shield, Highmark Choice Company, First Priority Health or First Priority Life, all of which are independent licensees of the Blue Cross Blue Shield Association.

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.

ATENCIÓN: 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）。