



# Joint or muscle pain? Enroll now for relief!

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

Hi [First Name],

If you're one of the 2 billion people affected by back or joint pain, joining Sword can help you live life a lot more comfortably. Our digital physical therapy programs combine guidance from dedicated physical therapists with easy-to-use technology that result in real, meaningful results. Like getting back to your favorite sport, playing pain-free with your children, or even just rolling out of bed, ache-free.

## Physical Therapy, Reinvented



### PT That Won't Cost You A Thing

Sword is available at no additional cost to you, so you can get the help you need without worrying about the price.



### Dedicated, Customized Support

Use our app to contact your PT 24/7. They'll provide you with ongoing feedback based on your personal progress throughout your journey.



### Clinically Superior Therapy

Sword is the only digital, clinical grade solution proven to outperform in-person therapy.\* It's the care you need, when and where you need it.



10 weeks into the program my back pain completely dissolved. It's like complete freedom of something that's been terrorizing me 24 hours a day.

**Marcelo**

Sword Member

Pain doesn't wait. Why should you?

**Enroll today to get started!**

[join.swordhealth.com/cebco/life](https://join.swordhealth.com/cebco/life)



\*Home-Based Rehabilitation with a Novel Digital Biofeedback System Versus Conventional In-Person Rehabilitation After Total Knee Replacement: A Feasibility Study, Nature; Digital Versus Conventional Rehabilitation After Total Hip Arthroplasty: A Single-Center, Parallel-Group Pilot Study, JMIR.

**Sword is available at no cost to the employee, spouse, and dependents 18 and older on the Anthem Blue Cross and Blue Shield Medical Plan.**

LiveHealth Online is the trade name of Health Management Corporation, a separate company, providing telehealth services on behalf of Anthem Blue Cross Blue Shield.

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