



Coming soon: Thrive, your no-cost digital physical therapy benefit

Tired of experiencing chronic pain or loss of mobility? Struggling with discomfort? Meet Sword Thrive, your new digital physical therapy program designed to help you overcome joint, back, and muscle pain—all from home.

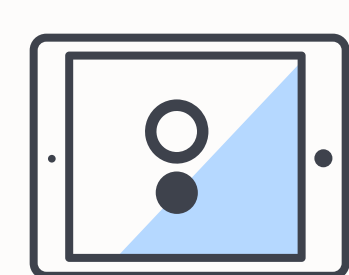
Combining Doctors of Physical Therapy (PTs) with easy-to-use technology, Thrive is more than just convenient, it is proven to work. 67% of members are pain-free by the end of their program¹.

Here's how it works



Pick your PT

Thanks to your dedicated PT, your Thrive program is entirely customized to you, your goals and your abilities.



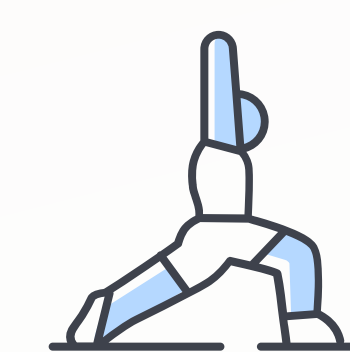
Get your Thrive kit

Your kit comes with your own tablet, and will provide you and your PT with real-time feedback.



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.

Pain doesn't wait. Why should you? Enrollment information coming soon!

Sword may be available to you and your covered dependents at no additional cost as part of employer health plan benefits.

¹ Sword BoB 2023

