

**As a Gravie health plan member, you have access to industry-leading virtual treatment for back, joint, and muscle pain through Sword at no additional cost.**

Combining personalized care from licensed physical therapists with innovative, sensor-based technology, Sword makes it easy to access physical therapy wherever and whenever it's convenient for you.

Sword's clinically validated treatment program **works for all major back, joint and muscle issues, at any point in your journey:** prevention, acute conditions, chronic pain, and post-surgical recovery.

### Why Sword?



#### Superior program quality

Receive care from a Doctor of Physical Therapy 100% of the time.



#### Easy-to-use technology

Receive a tablet and sensors ready to use at home.



#### Convenient access to care

Unlike traditional physical therapy, access treatment anytime, anywhere.

#### Joints covered include:

- Neck
- Shoulder
- Elbow
- Low back
- Hip
- Wrist/hand
- Ankle





**You can select and access the following resources depending on your needs:**

**01**

**Digital Physical Therapy  
Remote care offering**

Best-in-class care for acute, chronic, and pre- and post-surgical major back, joint, and muscle issues

**02**

**The Academy  
Primary prevention**

Form healthy habits by developing the skills and techniques needed to avoid major back, joint, and muscle injuries

**03**

**Sword On-Call  
On-demand help**

Instant, on-demand access to a physical health specialist to guide you when care is needed

Whether you are looking to **resolve pain you're currently experiencing, or for tools and resources to prevent future pain and live a healthier lifestyle**, Sword has solutions for you.

### **Digital Physical Therapy changes lives**

On average, Sword patients experience less pain, avoid surgery, reduce medication use, reduce depression and anxiety, and improve productivity.

**62%** ↓  
Reduction in pain

**60%** ↓  
Reduction surgery intent

**52%** ↓  
Reduction in anxiety

**53%** ↓  
Reduction in depression

**49%** ↓  
Reduction in medication and opioid use

**42%** ↑  
Increase in productivity

## Get Started

### Create your Sword account

You can easily activate your Sword account by logging in to your Gravie member account at <https://member.gravie.com/login> or through the Gravie mobile app.

### Digital Physical Therapy

#### Remote care offering

If you need help recovering from pain, an injury, or a recent surgery, enroll in digital physical therapy through Sword.

Once enrolled, you're ready to begin your journey to a pain-free life.

### Enrollment process for Digital Physical Therapy (PT)

1. Enroll
2. Receive digital therapy kit
3. Video call with Sword

In the first PT session, you will be asked to turn on the video to assess your posture and movement, so be prepared.
4. Exercise sessions
5. Ongoing PT support



### How it works:



Your dedicated physical therapist designs a personalized exercise program.



Sword will ship you a tablet and motion sensors to guide you and provide real-time feedback.



Complete your exercise sessions wherever and whenever it is convenient for you.



Your physical therapist is there to support you virtually and is available to you at any time.

## **The Academy (prevention tools) and Sword On-Call (on-demand help)** *Enrollment not required*

If a full digital physical therapy program is more care than you need, you could benefit from on-demand access to a clinical pain specialist and premium educational content to help prevent future pain and live a healthier lifestyle, by downloading the Sword mobile app.

### **The Academy**

#### **Primary Prevention**

Form healthy habits to help prevent and manage back, joint and muscle pain by developing skills and techniques through app-based exercise videos and articles, with this program based on clinical research and guidance from doctors of physical therapy.

### **Sword On-Call**

#### **On-demand help**

Instant on-demand access to clinically trained Doctors of Physical Therapy via text message, to ask questions and receive instant responses for back, joint and muscle concerns (8:00 a.m. - 10:00 p.m. ET, 7 days/week). doctors of physical therapy.

**Sword is available to Gravie health plan members 13 years of age and over.**

### **Have questions?**

Gravie Care™ has you covered.

Give us a call at **866.863.6232**

or send a secure message to

**[member.gravie.com/contact](https://member.gravie.com/contact)**