

Sword Virtual Physical Care




\$30
for Completing
the program

Programs Section → Sword Virtual Physical Care



SWORD Virtual Physical Care


Start your journey to living pain free at home with SWORD, virtual physical care for back, joint and muscle pain which are proven to work better than in-person physical therapy. SWORD is available through LiveHealth Online at no cost to members on the Anthem Health Plan.







Relieve aches + pain from the comfort of your home

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

Combining licensed PT with easy-to-use technology, Sword is more than just convenient. It's proven to work better than in-person physical therapy, too!




Here's how it works

- **Pick Your PT**
Thanks to your dedicated PT, your Sword program is entirely customized to you, your goals and your abilities.
- **Get Your Sword 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?
Enroll today to get started!

join.swordhealth.com/cebco/register





ConditionCare support

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24/7 access to a nurse care manager if you have:

- Asthma
- COPD
- Diabetes
- Heart Disease or
- Heart Failure

The nurse care manager can help you:

- Manage your condition.
- Follow your doctor's care plan.
- Provide information to help you recover.
- You also have additional support from **dietitians, health educators, and pharmacists.**





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Building Healthy Families



Access to screenings and resources during pregnancy



A 24/7 phone line with specially trained nurses



Breastfeeding support through LiveHealth Online



You can earn \$30 when you complete the program.

Preventive Care: Medication Adherence

Medications

- Asthma
- Heart Failure
- Coronary Artery Disease
- Diabetes
- Hypertension

Rules: Filling at least 270/365 days supply of Medication

Adherence to Asthma Medication

Receive a reward for filling your Controller Medication prescription for a minimum of 270 of a 365 day supply.

\$20 per year

Adherence to Coronary Artery Disease-Related Medication

Receive a reward for filling your CAD-related Medication prescription for a minimum of 270 of a 365 day supply.

\$20 per year

Adherence to Chronic Obstructive Pulmonary Disease Medication

Receive a reward for filling your COPD Medication prescription for a minimum of 270 of a 365 day supply.

\$20 per year

Adherence to Diabetes Medication

Receive a reward for filling your Diabetes Medication prescription for a minimum of 270 of a 365 day supply.

\$20 per year

Adherence to Hypertension Medication

Receive a reward for filling your Hypertension Medication prescription for a minimum of 270 of a 365 day supply.

\$20 per year

Screenshots are for illustrative purposes and could change. Dollars, points and raffle tickets are available reward types and configurable upon request.