Sword Virtual Physical Care

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.1



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 realtime feedback.

Stay Connected

Chat 1:1 with your PT anytime. They'll check in, monitor your progress, and adjust your program as needed.

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

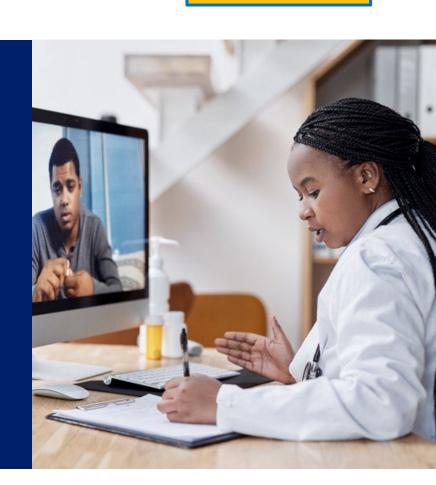
\$30for Completing the program

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.







Building Healthy Families



Access to screenings and resources during pregnancy



A 24/7 phone line with specially trained nurses



Breastfeeding support through LiveHealth Online

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the program

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

