



Because Life.™

Welcome to your virtual physical care program.

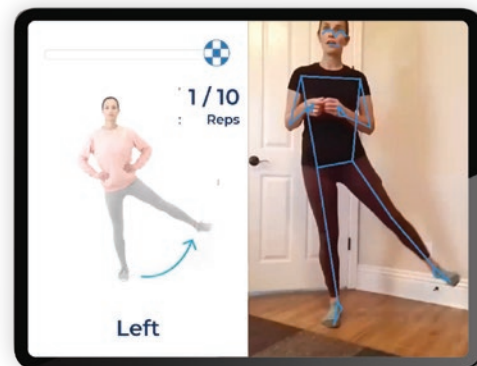
Powered by Sword™.



Experience relief from joint and muscle pain on your schedule, wherever it's convenient for you.

Whether you're dealing with acute pain, chronic discomfort, or want to build healthy habits that improve your mobility, Highmark's virtual physical care program, powered by Sword, can help.

Plus, it's included in your health plan at no additional cost to you.



93%

of members are satisfied or very satisfied with their overall experience.*

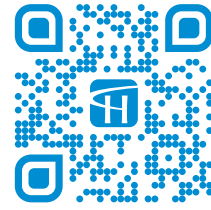
*Source: Q1 2023 Sword Health Experience Insights

Here's how it works:

For acute or chronic pain needs, you'll be paired with a dedicated physical therapist (PT) who will customize your program. A kit will be delivered to your home with everything you need to complete your sessions. You'll get a tablet with motion-tracking technology that guides your movement, collecting real-time feedback so your PT knows how to adjust your next session. No guesswork, just straightforward recovery.

If you need help increasing mobility and preventing pain, you have access to on-demand educational videos to help you prevent injuries, understand pain, and build healthy habits.

Be on the lookout for more communications about this program.



Get started today.

Easily manage your health — and health coverage — with these three steps.

1. Scan the QR code to download the **My Highmark** app or visit **MyHighmark.com**.
2. Select the **Benefits** tab.
3. Find Sword Virtual Physical Care in the **Health and Wellness** section.



Because Life.™

Sword Health is an independent company that provides wellness services for your health plan. Sword Health, Inc. does not provide health care services. Sword Health Professionals provides its services through a group of independently owned professional practices consisting of Sword Health Care Providers, P.A., Sword Health Care Providers of NJ, P.C., and Sword Health Care Physical Therapy Providers of CA, P.C.

Benefits and/or benefit administration may be provided by or through the following entities, which are independent licensees of the Blue Cross Blue Shield Association:

Western and Northeastern PA: Highmark Inc. d/b/a Highmark Blue Cross Blue Shield, Highmark Choice Company, Highmark Health Insurance Company, Highmark Coverage Advantage Inc., Highmark Benefits Group Inc., First Priority Health, or First Priority Life. **Your plan may not cover all your health care expenses. Read your plan materials carefully to determine which health care services are covered. For more information, call the number on the back of your member ID card or, if not a member, call 866-459-4418.**

Delaware: Highmark BCBSD Inc. d/b/a Highmark Blue Cross Blue Shield.

West Virginia: Highmark West Virginia Inc. d/b/a Highmark Blue Cross Blue Shield. Visit <https://www.highmarkbcbswv.com/networkaccessplan> to view the Access Plan required by the Health Benefit Plan Network Access and Adequacy Act. You may also request a copy by contacting us at the number on the back of your ID card.

Western NY: Highmark Western and Northeastern New York Inc. d/b/a Highmark Blue Cross Blue Shield.

All references to "Highmark" in this document are references to the Highmark company that is providing the member's health benefits or health benefit administration and/or to one or more of its affiliated Blue companies.

The Claims Administrator/Insurer complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

请注意：如果您说中文，可向您提供免费语言协助服务。请拨打您的身份证背面的号码（TTY：711）。