



# Start and stay moving with **Sword Move**, your whole-body solution for a pain-free tomorrow.

Sword Health, known for its expertise in managing pain, recognizes that while Physical Therapy is effective for treating specific injuries and severe pain, there's a need for a more holistic solution. That's why we've developed **Sword Move**, the only whole-body movement solution that helps you address low levels of pain before it worsens, avoid injuries, and enhance overall physical health.

Move matches you with a dedicated Physical Health Specialist that designs targeted movement plans tailored to your lifestyle, job function, pain history, and health goals. Each week, you'll receive targeted movements and step goals clinically proven to enhance mobility, strength, and flexibility throughout your entire body.

## Here's how Move works



### Share a little bit about yourself

Answer a few questions so we can learn about you and your specific needs



### Match with a Physical Health Specialist

With real human connection and support, you will work together to set the right goals



### Pair your wrist wearable

Track your progress in real time with a free Move wearable, or use your own device



### Receive a customized plan that changes with you weekly

Activities and step goals that strengthen your whole body

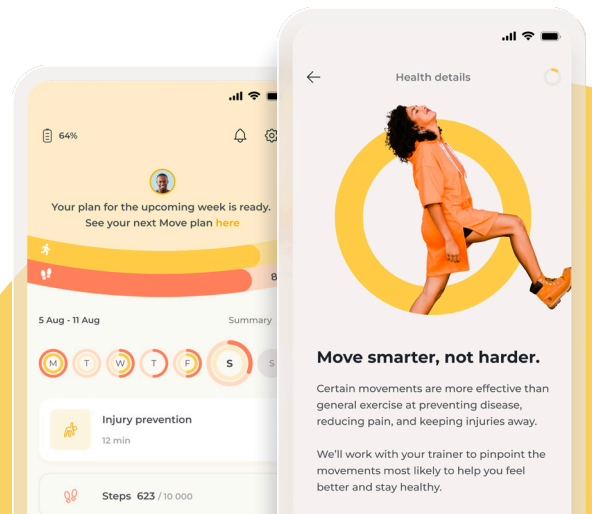


## Let's get moving! Activate your Move Benefit Today

[meet.swordhealth.com/move/tg](https://meet.swordhealth.com/move/tg)

Available to you and your eligible family members 13+ at no additional cost as part of your health plan benefits.

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### Move smarter, not harder.

Certain movements are more effective than general exercise at preventing disease, reducing pain, and keeping injuries away.

We'll work with your trainer to pinpoint the movements most likely to help you feel better and stay healthy.