



Relieve pain from the comfort of home

Now you can relieve back, joint or muscle pain without the hassle of appointments, travel time or waiting rooms.

Once you enroll with Sword, your program-specific tablet, motion sensors, and everything else you need to overcome your pain arrives at your doorstep.

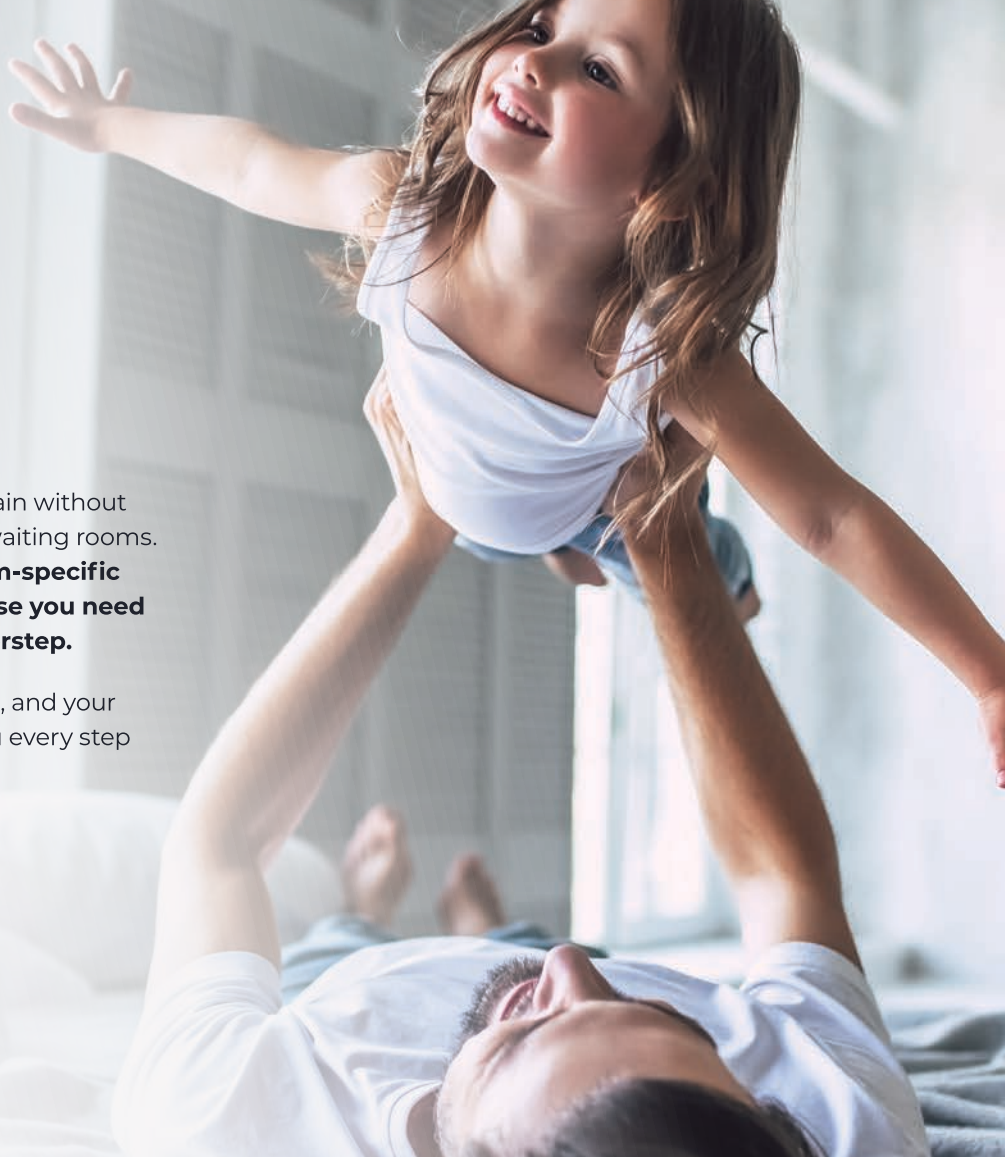
The program corrects your form in real time, and your movement specialist is there to support you every step of the way.

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Get started today with no member cost.

join.swordhealth.com/sefl/register



How it works



Your dedicated **movement specialist** recommends an exercise program just for you.



Sword will ship you a program-specific tablet and motion sensors to guide you and provide real-time feedback during your exercises.



Complete your exercise sessions **anywhere when it is convenient for you.**



Your movement specialist is there to **support you virtually.**



Sword is available to you and eligible family members at **no member cost** as part of your medical plan benefits.