

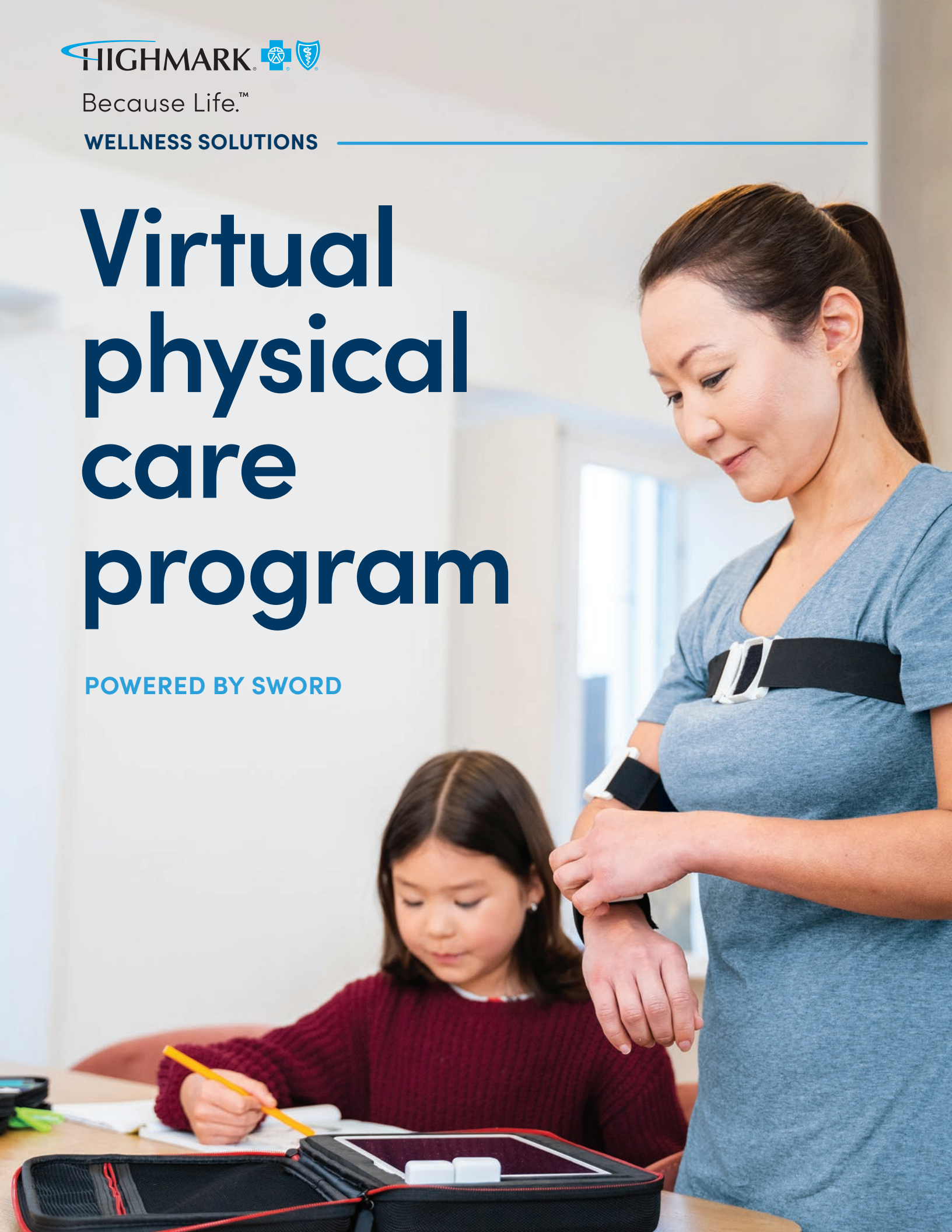


Because Life.™

WELLNESS SOLUTIONS

Virtual physical care program

POWERED BY SWORD



Manage muscle and joint pain virtually.

One in 4 people live with pain from a musculoskeletal condition.* That's why we are excited to offer members a virtual physical care program. Using a tablet and wearable sensors, you can connect with physical therapists to get real-time guidance. And it's available at zero cost to you and your dependents through your Highmark health plan.

Virtual physical care provides:

- Virtual access to a physical therapist who will guide and assess your exercises using highly accurate, sensor-based technology.
- Comprehensive support, including chat functions, guided feedback, and educational content through the Sword app.
- Zero out-of-pocket costs.
- A self-service option on the app for members with low-level joint and muscle issues.
- Information about cognitive behavioral therapy, as well as assistance and solutions for joint and muscle pain.
- The flexibility and convenience to complete your guided exercise session from anywhere.

Participants had a 70% reduction in pain, plus a 52% reduction in depression and a 35% reduction in anxiety.**

Don't let joint and muscle pain slow you down.

Go to [MyHighmark.com](https://www.highmark.com) or the My Highmark App to access and learn more.

* National, Regional, and ACA Markets BoB - Based on rolling incurred time frame of March 2019 - February 2020, paid through April 2020.

** SWORD Health Financial Outcomes Report, 2020.

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