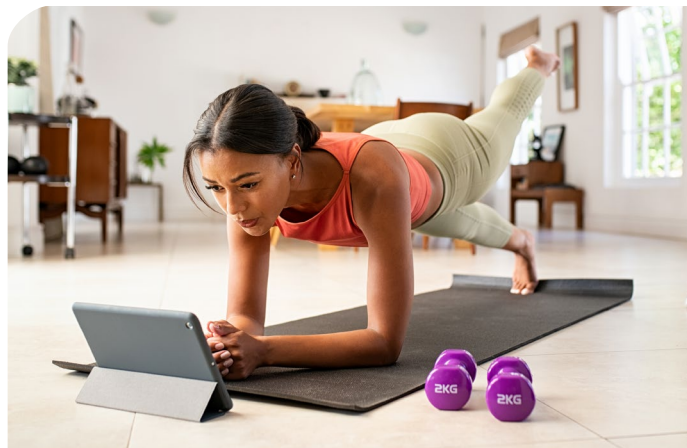


Sword Health Virtual Physical Therapy

Overview + FAQ



Priority Health has partnered with Sword Health, a cutting-edge company that offers digital physical therapy right from the comfort and privacy of your own home.

Sword Health utilizes the first FDA-listed medical device to guide you through personalized exercises, providing real-time feedback. This technology is crucial in supporting you via a virtual setting, enabling you to maintain your health, engage in exercise, reduce pain and, ideally, avoid costly surgeries.



Why Sword?

At Priority Health, we are dedicated to providing you easy access to the best possible health care that fits seamlessly into your busy life. Traditional in-person physical therapy can be challenging to schedule and attend, especially for those with limited accessibility. Our partnership with Sword Health gives you hassle-free access to Doctors of Physical Therapy.

How It Works

Sword Health offers multiple treatment pathways for pain management. As a leader in musculoskeletal (MSK) care, Sword Health ensures that virtual therapy fits into any schedule, helping empower you stay on top of your treatment goals while saving you time and money along the way.

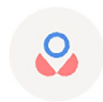
If you are an eligible Priority Health member, Sword will reach out directly via direct mail or email. You can also start the enrolling process yourself [here](#).

Sword Programs



Thrive

Digital physical therapy with motion-sensing technology and a tablet. As good as in-person physical therapy, but much more convenient



Bloom

Clinical-grade pelvic health care that offers individualized care from pelvic health specialists, the Bloom Pod and the Sword app



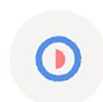
Move

Carefully curated and clinically-validated movement plans to improve mobility, strength and flexibility throughout your entire body



On-call

24/7 on demand help for pain to avoid unnecessary visits to the ER or urgent care



Academy

Short videos from clinical experts to assist in understanding pain, manage risks, and build healthier habits

Frequently asked questions

Q: How do I know if I'm eligible for a Sword program?

A: During the initial stage of enrollment, Sword will verify the eligibility of all members. You will receive proactive communication from Sword, if eligible, via email or a phone call. The Thrive and Move programs are designed for members aged 13 and above who meet specific eligibility criteria. Bloom is exclusively available to female qualifying members, aged 18 and older.

Q: Do Sword programs count toward my physical rehab visit limit?

A: They do not. You get unlimited visits with Sword, and they do not count toward your traditional physical therapy visit limit.

Q: Will I be referred for in-person physical therapy and also receive an invitation to join Sword?

A: Sword will invite eligible members to join throughout the year, independent of physical therapy referrals.

Q: How will I get matched with a Doctor of Physical Therapy (DPT)?

A: Because Sword provides 100% care through licensed DPTs, they give every member the option to choose their physical therapist. Sword employs therapists from across the spectrum of gender, race, age and sexual orientation, so you can get care from whoever you are most comfortable with.

Q: Will I be provided with the necessary equipment to complete Sword programs?

A: Yes. When you become a Sword member, you'll receive a kit with the necessary hardware to perform your exercises. Some kits may include wearable sensors and Wi-Fi access, if necessary. You also get full access to a dedicated physical therapist, personalized therapy program and educational resources within the app.

Q: Am I required to download the Sword app to participate in the Sword program?

A: Yes. To participate in the majority of the Sword programs, you will need to download the app. Valuable components of the programs are delivered through the Sword mobile app, including personalized exercise details for both Move and Bloom, basic communication and support from a Doctor of Physical Therapy, and additional educational content.

Q: What is the average length of Sword programs?

A: Programs typically consist of an initial period of 8-12 weeks.

Q: Can I participate in Sword and in-person physical therapy simultaneously for the same condition?

A: Yes. It would be at your discretion if you want to seek in-person physical therapy simultaneously while utilizing Sword's physical therapy services. If you are interested in doing this, you could print out a summary form from your profile in Sword. You could bring this to your in-person physical therapy to show the physical therapist what you have been doing or have already done with Sword.

Q: Do I need a provider referral to participate in Sword?

A: No. A provider referral is not required to participate in Sword.

Q: Do I have to pay to participate in the Sword health program?

A: No. Sword is available at no cost to you.

Q: How does Sword share information with my provider?

A: Through Sword360, your member care plan information is shared with all major Health Information Networks. This connection point pushes relevant information to over 1 million health care professionals through a centralized clearing house. Members leaving Sword to seek more intensive or specialized care may work with their Doctor of Physical Therapy to obtain a patient care summary to support any transition of care needs.

Q: If I start experiencing pain again after completing my Sword program, can I re-enter?

A: Absolutely. You may be required to fill out the onboarding questionnaire depending on how long it has been since completing the initial program, but yes, you can re-enter the program.

Learn more at meet.swordhealth.com/priorityhealth or scan the QR code.

