

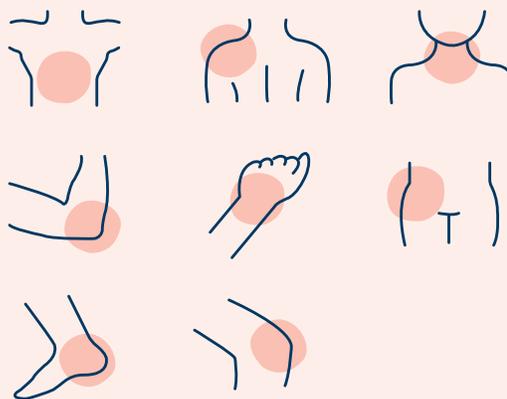
Virtual Physical Care

Get relief from joint issues on your schedule at no cost to you.



If you're experiencing joint or muscle pain, **Virtual Physical Care, powered by Sword**, can help. This program is included in your health plan at no additional cost. Sessions can be completed when and where it's convenient for you. Now that's an easy way to get the care you need.

Your physical therapist can design a customized program to treat the following areas:



Because Life.™

Virtual Joint Health

Thrive — by Sword

This program may be right for you if you're experiencing discomfort, even if you're not recovering from an injury and your pain is manageable. It's for ages 13 and up.

- You get started by meeting virtually with a physical therapist (PT) who designs a program customized to your needs.
- You'll receive a tablet with motion-tracking technology that guides you through exercises and gives you real-time feedback.
- Your PT follows your progress and adjusts the program as needed.
- You chat with your PT through a program app, via video visits, or on the phone when you have questions.

Take steps to feel better.

To enroll in Virtual Physical Care, download the **My Highmark** app or visit **MyHighmark.com**. Select the **Benefits** tab, then to go the **Health and Wellness** section. Select **Virtual Joint Health**.



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:

Central and Southeastern PA: Highmark Inc. d/b/a Highmark Blue Shield, Highmark Benefits Group Inc., Highmark Health Insurance Company, Highmark Choice Company or Highmark Senior Health Company. **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.**

Northeastern NY: Highmark Western and Northeastern New York Inc. d/b/a Highmark 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）。

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