



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



55% of chronic pain conditions are due to a lack of physical activity; and here at Sword Health, we are all about stopping pain in its tracks. 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 at home or work, and enhance overall physical health.

With Move, you'll receive weekly movement plans with targeted activities and step goals tailored to your lifestyle, job function, and physical health goals. A dedicated Physical Health Specialist who holds a Doctor of Physical Therapy degree will motivate you and help hold you accountable along the way.

## Here's How Move Works:

- 1**  
**Share a little bit about yourself**  
We'll learn about your occupation, lifestyle, physical goals, and more.
- 2**  
**Match with a Physical Health Specialist**  
Expect accountability and personalized support to reach your goals.
- 3**  
**Pair your wrist wearable**  
Track your progress with our wearable, or use your own device.
- 4**  
**Receive a customized weekly Move Plan**  
Achievable activities and step goals that help you learn healthy habits.



Scan me

**Let's get moving!**  
**Activate your Move benefit today**

Visit  
[sword.health/move/tg/join2](https://sword.health/move/tg/join2)

 Follow us on Instagram and share your journey with the @[sword.health](https://www.instagram.com/sword.health) community

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