



Sheet Metal Workers' Health Plan  
of Southern California, Arizona and Nevada



# Relieve pain from the comfort of home

Tired of chronic, post surgical pain, or loss of mobility? We have you covered! Meet Sword, the new virtual physical care program designed to help you overcome your back, joint or muscle pain – at home.

Combining physical care specialists with easy-to-use technology, Sword is far more than just convenient. It's proven to work better than in-person physical therapy.



More information on how to  
sign up coming soon!



## How it works



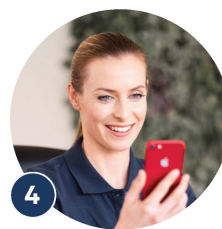
Your dedicated  
**physical therapist**  
designs an exercise  
program just for you.



**Sword will ship you  
a tablet and motion  
sensors** to guide you  
and provide real-time  
feedback.



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



Your physical therapist  
is there to support you  
virtually and is **available  
at any time.**

