



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 therapy program designed to help you
overcome your back, joint or muscle pain – at home.**

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



Get
started
today.

join.swordhealth.com/SMART/register

*Sword Clinical Studies

How it works



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



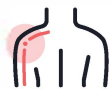
**Sword will ship you
a tablet and motion
sensors** to guide you
and provide real-time
feedback.



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.**



Available to you and eligible family members enrolled in the Anthem Blue Cross PPO health plan at no cost.

© Copyright 2022 Sword Health Technologies, Inc. All rights reserved.