

Relieve pain from the comfort of home

Tired of chronic, post surgical pain, or loss of mobility?
Wherever it hurts, we can help!

Meet Sword, a digital physical therapy program designed to provide treatment for all musculoskeletal issues, from head to toe – all in the comfort of your home! Combining licensed physical therapists with easy-to-use technology, Sword is far more than just convenient.



Get
started
today.

join.swordhealth.com/pebb/register



How it works



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



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



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



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



Sword is available to you and eligible family members at no additional cost as part of your PEBB benefits.

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