

Relieve physical pain from the comfort of your home



Step to the side, foot pointing forward

Tired of experiencing persistent pain or loss of mobility? Struggling with discomfort?

Meet Sword Thrive, your new AI physical therapy program designed to help you overcome joint, back, and muscle pain—all from the comfort of home.

Combining Doctors of Physical Therapy (PTs) with easy-to-use technology, Thrive is more than just convenient, it is effective, holistic relief that's proven to work. 67% of members are pain-free by the end of their program¹.

1

Pick your PT

Match with a dedicated Physical Therapist who will design and deliver a customized plan to tackle your unique pain.

2

Get your Thrive Kit

The Thrive Kit includes the Thrive Pad, a tablet with guided exercises and motion-tracking technology.

3

1:1 support

Chat with your PT in the Sword Health app. They'll monitor your progress & customize your program.

4

Feel the relief

Complete your exercise sessions whenever is most convenient for you. Then feel pain relief for yourself.



Scan the QR code, visit our website, or call us.

Pain doesn't wait. Why should you?
Enroll today.

sword.health/thrive/nfp/go
(385) 498-4640 Access code: 195



1. Sword BoB 2023

Available to U.S. employees, spouses, and dependents 13+ at no cost as part of your UHC Health Plan.