



Relieve aches + pain from the comfort of your home

Tired of chronic pain or loss of mobility? Struggling with discomfort? Meet Sword, the new digital physical therapy program designed to help you overcome your joint, back, or muscle pain—all from home.

Combining licensed PT with easy-to-use technology, Sword is more than just convenient. It's proven to work better than in-person physical therapy, too.¹



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Here's how it works



Pick Your PT

Thanks to your dedicated PT, your Sword program is entirely customized to you, your goals and your abilities.



Get Your Sword Kit

Your kit comes with your own tablet, and will provide you and your PT with real-time feedback.



Stay Connected

Chat 1:1 with your PT anytime. They'll check in, monitor your progress, and adjust your program as needed.



Feel the Relief

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

Pain doesn't wait. Why should you?
Enroll today to get started!

join.swordhealth.com/schreiber/register



Available to you and eligible family members enrolled in a Schreiber medical plan at no cost as part of your health plan benefits.

¹ Correia, F. D., Nogueira, A., Magalhães, I., et al. (2018). Home-based rehabilitation with a novel digital biofeedback system versus conventional in-person rehabilitation after total knee replacement: A feasibility study. Scientific Reports, 8(1). <https://doi.org/10.1038/s41598-018-29668-0>

SWORD

Frequently Asked Questions

Q. Who is eligible to participate in SWORD?

A. All members of the Schreiber medical plan over age 13 are eligible to participate in SWORD virtual physical therapy.

Q. What is included in the SWORD program?

A. When you become a Sword member, you'll receive a kit that includes a tablet and accessories you will need to perform your exercises. Some kits may include wearable sensors. You also get full access to your own physical therapist, a personalized therapy program, and educational resources within the app.

Q. How does the program work?

A. Digital Physical Therapy (DPT) pairs a licensed human physical therapist with Sword's AI Digital Therapist. Once you enroll, you are assigned a Doctor of Physical Therapy who will work with you to prevent and treat pain, help with recovery, and more. The Digital Therapist is accessible via the tablet that will be mailed to you. SWORD's Digital Therapist uses motion sensor technology and artificial intelligence to guide exercises to completion and collects real-time feedback so your PT can adjust your next session accordingly.

Q. How do I sign up?

A. Signing up is easy. Simply create an account on <http://join.swordhealth.com/Schreiber> and complete SWORD's onboarding questionnaire. You'll then be ready to meet your PT and receive your kit in the mail. You will then receive an email with the date and time of your video call with a Doctor of Physical Therapy. If you can't find the email in your inbox, please check the spam or the promotions folder of your email account.

Q. What is the time commitment?

A. For best results, it is recommended you complete 3-5 physical therapy sessions per week on average. However, the exact time it takes to complete your program will be personal to you, and the time it takes to implement lifestyle changes is difficult to measure. Fortunately, SWORD's digital format allows you to take your program at your own pace, so you can complete your session when you want, where you want.

Q. How do I access my personalized program?

A. The Sword mobile app is your centralized hub for your program, where you can track your progress and chat with your PT. Make sure you have the Sword app downloaded (available for download from Google Play or Apple Store), so you can log in from there. To continue using your Sword program, simply turn on the tablet that comes with your kit; no additional sign in is required.

Q. Who can I contact if I have questions?

A. If you have any questions getting logged on, technical support questions throughout the program, or answering onboarding or health questionnaires email help@swordhealth.com