



# 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.



Get started today. No additional cost.

[join.swordhealth.com/avmedmdc/register](https://join.swordhealth.com/avmedmdc/register)



## How it works

1



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 during your exercises.

2



3



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.

4



## Wherever it hurts, SWORD can help



Back



Shoulder



Neck



Knee



Elbow



Hip



Ankle



Wrist



Pelvic

Connect with SWORD with questions by phone at +1 (888) 492-1860 or by email at [help@swordhealth.com](mailto:help@swordhealth.com).

Available to Miami-Dade County enrolled employees and their dependents 18 and older at **no additional cost** as part of your health plan benefits. © Copyright 2021 SWORD Health Technologies, Inc. All rights reserved.