



sword

# 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.<sup>1</sup>



© Copyright 2022 Sword Technology, Inc. All rights reserved.

## 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 complete with motion trackers + a 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/WEEBF](https://join.swordhealth.com/WEEBF)



Available to you and eligible family members, 13 and older, at no additional cost as part of your health plan benefits.

<sup>1</sup> Correia, F. D., Nogueira, A., Magalhães, I., et al. (2015). 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>



WISCONSIN ELECTRICAL  
EMPLOYEE BENEFIT FUND



# Managing Joint and Muscle Pain



## Living With Pain?

It's not uncommon to have aches and pains in our bones, joints, and muscles. They may be caused by everyday wear and tear, overuse, or aging. Or they may be a result of injury or illness. Sometimes it can be hard to figure out exactly what's causing a muscle ache or joint pain. For example, sore muscles and aches could be the result of a hard workout routine, or they could be a sign of a more serious problem such as chronic pain or arthritis. It's important to know what is affecting you so you can treat it correctly.

Pain that lasts for 3 months or longer is called chronic and can be a sign that something else is going on within your body. Exercising and sleeping enough may help reduce chronic pain. If you are living with chronic pain, talk to your provider to discuss treatment options and possible causes.

## Back Pain Relief

Depending on the cause, back pain can cause a range of symptoms. It may be dull or sharp, in one small area or over a broad area, and you may have muscle spasms. Low back pain can also cause leg symptoms, such as pain, numbness, or tingling, often extending below the knee.

## Joint Pain Relief

When you have joint pain, even simple, everyday movements can hurt. Walking a few steps, opening a door, and even combing your hair can be hard. There are, however, lots of ways to cope. It is important to speak with a healthcare provider to determine which treatment may help to relieve your specific joint pain.

## Treatments That Help to Treat Pain

Your treatment for muscle and joint pain may include first aid, rest, bracing, medicine, and physical therapy. Physical therapy is a type of treatment you may need when health problems make it hard to move around and do everyday tasks. It helps you move better and may relieve pain. It also helps improve or restore your physical function and your fitness level. The goal of physical therapy is to make daily tasks and activities easier.

## Want to take control of your pain?

Call your Personal Health Nurse (PHN) with Conifer Health Solutions who can help get you the help you need.

📞 **Andrea:** (410) 919-4431

## Want flexible in-network physical therapy at home?

If you have questions about the Sword Health program:

📞 (888) 492-1860

✉️ [help@swordhealth.com](mailto:help@swordhealth.com)

### ENROLL BY VISITING:

[join.swordhealth.com/weebf](https://join.swordhealth.com/weebf)

This benefit is offered AT NO COST TO YOU and no referrals are necessary.

PHN and in-network physical therapy services available through the **WEEBF benefits program** (subject to deductible and coinsurance).

Personal Health Management provided by

**CONIFER**  
HEALTH SOLUTIONS®