

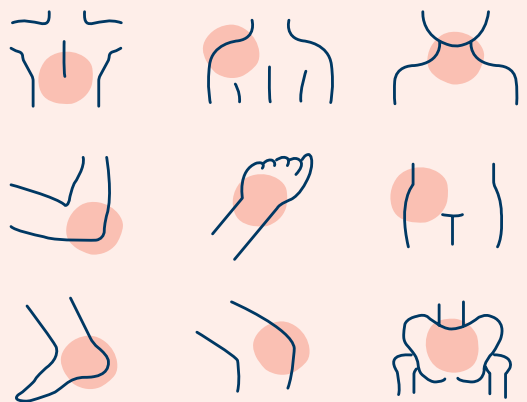
# Virtual Physical Care

Get relief from joint, muscle, and pelvic health on your schedule at no cost to you.



If you're experiencing joint or muscle pain, or have issues related to pelvic health, **Virtual Physical Care, powered by Sword**, can help. This program is included in your health plan at no additional cost. Sessions can be completed when and where it's convenient for you. Now that's an easy way to get the care you need.

You'll get a customized program designed to treat one of the following areas:



Because Life.™

# Virtual Joint Health

## Thrive — by Sword

This program may be right for you if you're experiencing discomfort, even if you're not recovering from an injury and your pain is manageable. It's for ages 13 and up.\*

- Get started with the program by answering a few questions about your individual needs, and create personalized goals for your program.
- You'll receive a tablet with motion-tracking technology that guides you through exercises and gives you real-time feedback.

**Get 24/7 support:** Access the app anytime, day or night, with on-demand support and videos that provide reliable education and resources to help prevent pain and build **healthier habits**.

# Virtual Pelvic Health

## Bloom — by Sword

If you have pelvic pain, a bowel or bladder disorder, or issues related to pain during intimacy, pregnancy or postpartum, or menopause, this program can offer relief. This program is for women and individuals with vaginal anatomy ages 18 and older.

- You meet virtually with a Pelvic Health Specialist.
- They'll design a program just for you.
- You'll receive a Bloom kit, which includes a device you insert in your vagina called a Bloom pod. It syncs with a program app that you'll download to your mobile device.

## Get started today.

Enroll in Virtual Joint Health or Virtual Pelvic Health in the **My Highmark** app or website where you can easily manage your health — and health coverage. Follow these three steps:



1. Scan the QR code to access the **My Highmark** app or visit **MyHighmark.com**.
2. Select the **Benefits** tab.
3. Find **Virtual Joint Health** or **Virtual Pelvic Health** in the **Health and Wellness** section.



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\*Individuals ages 13 - 17 will need to obtain consent from their parent or guardian.

Always seek the advice of your physician or other qualified health provider with any questions or concerns regarding a medical condition and before you begin a wellness program.

Insertion of the Bloom pod during any stage of pregnancy is discouraged and is not a requirement for participation in the program. The Bloom program is not designed to be used by those in the first trimester of pregnancy or by those with a complicated or high-risk pregnancy. If you wish to use the Bloom program (with or without the pod) during your second or third trimester of pregnancy, you should first consult with your physician or other qualified health provider prior to participation. Bloom and Thrive are Sword Health programs. Sword Health is an independent company that provides wellness services for your health plan. Sword Health Professionals provides its services through a group of independently owned professional practices consisting of Sword Health Care Providers, P.A., Sword Health Care Providers of NJ, P.C., and Sword Health Care Physical Therapy Providers of CA, P.C.

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Western and Northeastern PA: Highmark Inc. d/b/a Highmark Blue Cross Blue Shield, Highmark Choice Company, First Priority Life Insurance Company or First Priority Health.

Delaware: Highmark BCBSD Inc. d/b/a Highmark Blue Cross Blue Shield.

West Virginia: Highmark West Virginia Inc. d/b/a Highmark Blue Cross Blue Shield.

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