



LiveHealth Online
Healthy Back & Joints
sword



Relieve aches + pain from the comfort of your home

Sword, the Healthy Back and Joints program, is a digital physical therapy program proven to help you overcome joint, back, or muscle pain—all from the comfort of home.



Pain doesn't wait.
Why should you?
Get started today!

join.swordhealth.com/cmsd/aware

Sword is available at no cost to the employee, spouse, and dependents 18 and older on the Anthem Blue Cross and Blue Shield Medical Plan.

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