



Relieve aches + pain from the comfort of your home

Meet Sword, a digital physical therapy program for joint, back and muscle pain that you can do from home — or anywhere. And it's available to you at no additional cost.



Track your progress and get **real-time feedback** with our tablet.

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

join.swordhealth.com/medmutual/register



Available to you and eligible family members 13+ at no additional cost as part of Medical Mutual's Chronic Condition Management Program.

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