



Relieve aches + pains from the comfort of your home

Tired of experiencing chronic pain or loss of mobility? Struggling with discomfort? Meet Sword Thrive, your new digital physical therapy program designed to help you overcome joint, back, and muscle pain—all from home. Your Capital Blue Cross health plan gives you and eligible family members access to Thrive, a digital solution developed by Sword Health.

Combining Doctors of Physical Therapy (PTs) with easy-to-use technology, Thrive is more than just convenient, it is proven to work. 67% of members are pain-free by the end of their program¹.



Here's how it works



Pick your PT

Thanks to your dedicated PT, your Thrive program is entirely customized to you, your goals and your abilities.



Get your Thrive kit

Your kit comes with your own 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

sword.health/thrive/capitalbluecross/go



Available to you and covered dependents age 13 or older at no additional cost through your health benefits plan.

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¹ Sword BoB 2023

CBC-1283 01/14/23