

## **To get pain relief,** focus on mind AND body

Did you know that when you're in pain, your brain controls where and how much it hurts? Your brain and body are inseparable, which is why an effective physical therapy program needs to focus on both body and mind.

Sword takes a complete approach — combining exercise to strengthen your body, and education and behavioral coaching to strengthen your mind.



## Get started today.

See more information on Sword by visiting the link shown below or by signing into your Castlight account.

join.swordhealth.com/gd/register



## How it works



Your dedicated **physical therapist** designs an exercise program just for you.







Sword will ship you a tablet + motion sensors to guide you & provide real-time feedback.







Complete your exercise sessions at home when it is convenient for you.







Your physical therapist is there to support you virtually & is available at any time.





The Sword Digital Therapy Program is available to US employees, excluding expatriates, enrolled in an eligible GD medical plan, as well as their covered spouses and dependents age 13 and older.

All US employees, excluding expatriates, regardless of enrollment in a GD medical plan, have access to The Academy, Sword's video-based program to help prevent injuries and support recovery. Download the Sword app to learn about pain science, tips for greater mobility, flexibility and more.