



**Musculoskeletal (MSK) disorders are the #1 issue in healthcare today, affecting 50% of people in the United States. Now, Gravie health plan members have access to industry-leading virtual treatment for MSK conditions at no additional cost.**

Employers need effective physical care solutions to achieve better outcomes for their employees and to drive down soaring medical costs. Through Gravie's partnership with Sword Thrive, members 13 years of age and over get access to industry-leading technology and MSK care at no additional cost.

**With Sword, Gravie members have a powerful tool to overcome MSK pain with a clinical-grade digital solution that outperforms traditional, in-person care.** Combining personalized care from licensed physical therapists with innovative, sensor-based technology, Sword delivers treatment wherever and whenever it's convenient for members.

The clinically validated program works for all major MSK issues, at any point in the member's journey: prevention, acute conditions, chronic pain, and post-surgical recovery.

## Why Sword?



### Superior program quality

Members will be supported by a Doctor of Physical Therapy 100% of the time.



### Easy-to-use technology

Members will receive a dedicated tablet and sensors ready to use at home.



### Convenient access to care

Unlike traditional physical therapy, members can access treatment anytime, anywhere.



### Validated Clinical outcomes

Cost savings are certified by a 3rd party at the highest level in the industry.

Employers that offer Sword have seen upwards of a **34% reduction in MSK spend year over year, helping to manage overall health benefit costs.**

MSK issues cost an estimated **\$213 billion** annually in treatment, care, lost wages, absenteeism, and poor productivity at work.

### Joints covered include:

- Neck
- Shoulder
- Elbow
- Low back
- Hip
- Wrist/hand
- Ankle





Through Gravie's partnership with Sword, employers can **better manage health benefit costs related to MSK issues** and members can **access the treatment they need to live happier, healthier lives.**

"On my initial appointment, I had a makeshift 'cane'. Today, I'm cycling 100+ miles a week, and I'm able to do everything without any restrictions. I am forever indebted to the Sword program."

Dan  
lower back pain patient

Members will be able to sign up by logging in to their **Gravie Account** or through the **Gravie mobile app**.

### Digital Physical Therapy changes lives

On average, Sword patients experience less pain, avoid surgery, reduce medication use, reduce depression and anxiety, and improve productivity.

**62%** ↓  
Reduction  
in pain

**60%** ↓  
Reduction  
surgery intent

**52%** ↓  
Reduction  
in anxiety

**53%** ↓  
Reduction  
in depression

**49%** ↓  
Reduction in  
medication and  
opioid use

**42%** ↑  
Increase  
in productivity