



Move by Sword Health

Frequently Asked Questions

What is Sword Move?

As the leading experts in pain, we know that Physical Therapy is a great option to treat specific injuries and high levels of chronic pain. But what about those facing more mild discomfort? Whether you sit all day or are on your feet, Sword Move helps you say goodbye to aches and pains, injury worries, and lack of motivation - take the guesswork out with best-in-class movement plans, tailored to your unique needs.

With Move, we'll match you with a Doctor of Physical Therapy who designs and delivers weekly movement plans that are targeted, purposeful, and focus on strengthening your whole body. Each plan takes into account your job function & physical and mental health goals, and consists of curated activities and step goals that tackle body aches and soreness, keep injuries at bay, and help you stay active throughout the day.

Who is eligible to access Sword Move?

Available to Collective Health, Centivo, and Kaiser plan participants (age 18 and older) at no additional cost as a part of your ABK benefit offering.

How do I access Move?

Move is accessible in the Sword Health App which is available in the App Store for iOS and on Google Play for Android devices.

You can enroll in Sword Move after your benefit offering begins by visiting <https://meet.swordhealth.com/move/abk>

What does the Move benefit include and how does it work?

Sword Move matches with you a Certified Doctor of Physical Therapy that designs and delivers targeted movement plans tailored to your unique needs. Each plan takes into account your job function, pain history, & physical and mental health goals, and consists of curated classes and step goals that address daily aches and pains, keep injuries at bay, and help you stay active throughout the day.

You'll receive a free Move wrist wearable (or connect to your own device if preferred) to track your Move activities, steps, and heart rate in real-time, that also allows your Doctor of Physical Therapy to provide ongoing customizations to your programming. Your weekly Move Plans change according to conversations with your trainer, previous week's progress, your evolving goals and more.



Whether you want to move more throughout your day, tackle daily aches and pains, build strength, lose weight, or avoid injury, Sword Move is for you.

- 1:1: Guidance
- Feel motivated to move more
- Save time - no guesswork
- Address low pain
- Avoid injury
- Maintain recovery
- Increase Mobility, Strength & Flexibility
- 1:1: Guidance
- Build healthy habits
- Maintain a positive mindset