

Relieve pain from the comfort of home

Tired of chronic pain, or loss of mobility? We have you covered! **Meet Sword, the new virtual physical therapy program designed to help you overcome your back, joint or muscle pain – at home.**

Combining licensed physical therapists with easy-to-use technology, Sword is far more than just convenient. It's proven to work better than in-person physical therapy.*



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 and motion sensors** to guide you and 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 and 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.