

Men's Health Month: Relieve physical pain from the comfort of home with Thrive



Step to the side, foot pointing forward

Tired of pain or stiffness slowing you down? Having trouble moving the way you used to?

Meet Sword Thrive, your new AI physical therapy program designed to help you overcome joint, back and muscle pain—all from the comfort of home.

After you enroll, you'll be connected with a Doctor of Physical Therapy who will create a personalized program with exercises tailored to your pain and goals. Complete sessions right from your phone in the Sword Health app, with AI movement tracking and guidance that's like having a PT in your living room.

Thrive is more than just convenient, it delivers real results. 72% of members free of limiting pain by the end of their program.¹

1

Enroll in minutes

Just answer a few questions about your pain, health history, lifestyle and goals. Scan the QR code, enter the URL or call us.

2

Connect with a PT

Download the Sword Health app to meet your dedicated Doctor of Physical Therapy, who will create your unique program.

3

Get 1:1 support

Chat with your PT anytime in the app. They'll monitor your progress and adjust your program as you go.

4

Start feeling stronger

Complete your exercise sessions anytime, anywhere, and feel the pain relief for yourself.



Scan the QR code,
visit the URL or call us.

Pain doesn't wait. Why should you? Enroll at no cost.

<http://sword.health/thrive/hertz/menshealth>
(385) 498-4640 Access code: 605

