Learn about virtual physical care.  
Join the webinar.

You’re invited to join the Lunch and Learn Webinar to learn how SWORD physical care can help prevent surgery or relieve postsurgical and chronic pain from the comfort of home.

Thursday, April 7 2022  
12-12:45pm EST

Register today or join SWORD now.  
join.swordhealth.com/avmedmdc/register

How it works

1. Your dedicated physical therapist designs an exercise program just for you.
2. SWORD will ship you a tablet and motion sensors to guide you and provide real-time feedback during your exercises.
3. Complete your exercise sessions at home when it is convenient for you.
4. Your physical therapist is there to support you virtually and is available at any time.

Wherever it hurts, SWORD can help

- Back
- Shoulder
- Neck
- Knee
- Elbow
- Hip
- Ankle
- Wrist
- Pelvic

Connect with SWORD with questions by phone at +1 (888) 492-1860 or by email at help@swordhealth.com.

Available to Miami-Dade County enrolled employees and their dependents 18 and older at no additional cost as part of your health plan benefits.

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