



# The power to heal at home

What is it that makes Sword the clinical leader in Digital MSK?

Musculoskeletal (MSK) diseases affect **50% of people** in the United States over 18, and nearly three out of four over the age of 65.

**Direct costs on MSK: \$20B per year**

**Indirect costs: \$40B per year<sup>1</sup>**

Sword's Digital MSK solution employs industry-leading technology and care, all from the comfort of home. Our patients have the best outcomes and highest satisfaction scores in the space. Let's break down why.

All Sword members gain flexible access to:

## 1. Tailored Treatment from Doctors of Physical Therapy

	Physical Therapist	Health Coach
Minimum Supervised Clinical Hours	1,200	0 Required <i>(some certifications require 3-70 hours)</i>
Bachelor's Degree Required	✓	✗
Doctorate Required	✓	✗
State Licensure Required	✓	✗

Sword was built to achieve long-term MSK pain relief with **clinically-validated care from a licensed doctor of physical therapy**. These experts provide **1-on-1 treatments tailored for each individual**. Avoiding surgery and ER visits, reducing opioid usage, and cutting costly procedures takes much more than a few virtual visits with a health coach.

Sword DPTs analyze biofeedback, chat with their members weekly, and encourage adherence. On average, DPTs will use the collected data to make adjustments to a members program, 2-4x per week.

## 2. Superhuman Technology

Why sensors? The answer is simple: superior biofeedback and data.



From blood oxygen and heart rate to movement errors, the Sword sensors read 50 movements per second with 4x more accuracy than the human eye.

- 5,000 types of feedback
- 50 movements per second
- 4x more accurate than the human eye

<sup>1</sup>The Cost of MSDs: ErgoPlus

Sword recently acquired Vigilant Technologies, a computer vision (CV) company, to supplement aspects of our wrist and neck programs. However, until CV proves to be the superior clinical technology, Sword will rely on sensors for the majority of our care.

The sensors provide real-time feedback that **keeps members motivated** to perform and complete their programs. Because members can track their progress, they **stay engaged** with their plan and are motivated to reach for **greater improvement**.

### 3. Clinical Validation

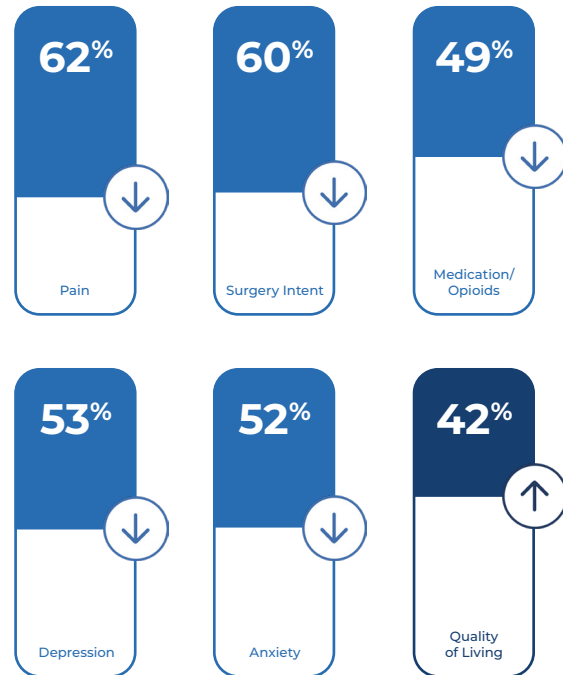
As of today, Sword Health is the only Digital MSK vendor to receive both Level 1 and Level 2 certification from the Validation Institute. What does this mean?

Level 1 proves that Sword delivers cost savings per member per year of \$2,472 — 10% greater savings than our nearest competitor. Granted previously in July 2020, the Level 2 certification recognizes that Sword's sensor-enhanced platform consistently provides clinically significant improvement compared to conventional care.

[Click here](#) for a deeper dive into our clinical validation.

Sword saves clients  
**\$2,472**  
per member per year

### How does Sword change lives?



126.6 million people in the United States are affected by a musculoskeletal condition. MSK disorders cost an estimated \$213 billion in annual treatment, care, lost wages, absenteeism, and poor productivity at work.

Sword Health can be the difference. Employers who offer Sword Health have seen upwards of 34% reduction on MSK spend year over year.

[Hear from Sword members](#) on how our solution has changed lives.

## Contact Us

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