

sword Health Programs

Available at no cost to Assurant health plan enrollees.

Thrive Healthy Back and Joints

Thrive, is a virtual physical therapy program to help with musculoskeletal issues, such as back, shoulder, neck, hip, knee, elbow, ankle and wrist pain. Start your journey to living pain free with the best in care with easy-to-use technology.



Pick your PT

Thanks to your dedicated PT, your Thrive program is entirely customized to you, your goals and your abilities.



Get your Thrive kit

Your kit comes with your own tablet, and will provide you and your PT with real-time feedback.



Stay connected

Chat 1:1 with your PT anytime. They'll check in, monitor your progress, and adjust your program as needed.



Feel the relief

Complete your exercise sessions whenever is most convenient for you. Then feel pain relief for yourself.

Pain doesn't wait. Why should you?

Enroll today to get started

Scan the QR Code to learn more or visit: Sword.health/thrive



Bloom Pelvic Health

Bloom, is a virtual pelvic health care solution for individuals with vaginal anatomy that addresses issues such as bladder leakage, bowel disorders, pelvic pain and more for women in all stages of life including pregnancy, postpartum, and menopause.

What you get with Bloom



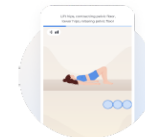
Expert Care

Bloom's pelvic Health Specialists all have Doctor of Physical Therapy degrees and provide guidance throughout the program.



Innovative Tech

Women perform short pelvic-therapy sessions from home, using a safe, intravaginal pod that connects to a mobile app.



Real results

Bloom sessions are fun and interactive. Members track progress and receive guidance through the app.

Scan the QR Code
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Sword.health/bloom

