



# Are you sore from being seated most of the day?

At Sword Health, we understand that not every discomfort requires intensive treatment, and sometimes, a little goes a long way. That's why we created Sword Move, Sword's first whole-body movement solution that helps you:



Address  
Low Pain



Avoid Injury



Build Strength



Build lasting  
movement habits



Start feeling better in your body today.

**Learn more by visiting:**

[sword.health/move/priorityhealth/go](https://sword.health/move/priorityhealth/go)



Members must have primary insurance coverage through a Priority Health plan offering the Sword Health Move program, and be age 13 or older to be eligible for this program.