

Are you sore from sitting most of the day?

Here at Sword Move, we understand that carving out time for movement in our busy lives can be an uphill battle. What's even more challenging is doing it without the proper guidance, support, or true personalization. That's why we created Sword Move, your no-cost benefit for Priority Health.

With Move, you will match with a dedicated Physical Health Specialist who will:

- Provide you with weekly movement plans that are tailored to your exact needs
- Help you improve strength, mobility, and balance and address aches and pains
- Motivate you to move more throughout the day, with classes ranging from 90 seconds to 24 minutes
- Work with you to set the right goals to boost your physical health and productivity



Learn more at
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.

