

Muscle and joint health services

Bring more movement into your routine, wherever you are.

Staying healthy while living abroad means more than going to the doctor for check-ups. That's why we've teamed up with Sword Health to offer Thrive Global. The program uses artificial intelligence (AI) to support your physical well-being.

Thrive Global gives you guided support that helps you stay active and build healthier habits. All at no cost to you—all from your smartphone.*

- Guidance as you move: Your phone uses AI to track your movement and guide you through exercises.
- Support made for you: Get a plan that fits your needs, with clinically validated exercises created by experts. Consult with a specialist anytime.
- Sessions on your schedule: No appointments are needed. No special equipment or clinic visits are required.
- Tools to keep you going: Get tips and resources to help you stay on track.

Move more. Feel supported. All from your phone.



Improve well-being and movement



Fit care into your schedule



Get support wherever you live or travel



Learn simple ways to stay healthy over time

How do I access the Muscle and Joint Health Program?

- Log in to the BCBS Global Solutions Member Portal or mobile app.
- Go to the My Care dropdown and choose Muscle and Joint Health.
- You'll see a short description of the program's services. Select Continue to go to Sword Health's website. Register on Sword's website.
 - When you first register with Sword Health, be sure to use the same email address used with your BCBS Global Solutions registration. Your full first name, last name and date of birth should match how you're enrolled at BCBS Global Solutions.
- After registering, follow the instructions to download the Sword Health AI Care app. This is where you'll access your program and complete your exercises.
- After registering, access Sword Health anytime through My Care in the BCBS Global Solutions app.

Need help? If you have any questions, contact Sword Health Support at help@swordhealth.com.

*The Muscle and Joint Health program may vary based on location, local rules and/or regulations.

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The Muscle and Joint Health Program is provided by Sword Health ("Sword"). Sword is available at no additional cost to Blue Cross Blue Shield Global Solutions members aged 18 and over as part of their health plan benefits. Thrive Global is designed for general wellness, movement guidance, and mobility support and is not intended to diagnose, treat, cure, mitigate, or prevent any medical condition. Blue Cross Blue Shield Global Solutions assumes no liability and accepts no responsibility for information provided by Sword or for the performance of Sword's services. Support and information offered through this program do not guarantee that any related treatment or additional services are covered under a health plan.