



NECA-IBEW Welfare Trust Fund



April 19, 2024



Introducing New No-Cost Health Benefits from Sword!

We are excited to introduce two new programs from Sword Health, offered at **no cost** as part of your **NECA - IBEW** benefits.

Thrive is a digital physical therapy program to treat back, joint, and muscle pain, pairing you with a physical therapist for clinically proven at-home treatment. The easy-to-use technology can reduce your pain by up to 70%.* **Learn more at meet.swordhealth.com/thrive/necaibew**

Bloom is a digital pelvic health program for women, addressing issues such as urinary leaking, bowel disorders, and chronic pelvic pain. Guided by clinical experts, it covers all life stages including pregnancy, postpartum, and menopause. **Learn more at meet.swordhealth.com/bloom/necaibew**

What you'll get:

1. Customized guidance from a Doctor of Physical Therapy.
2. You'll receive a kit (either the Bloom kit with the pod, or the Thrive kit with a tablet) to guide you and provide real-time feedback during your exercise sessions.
3. You'll complete your sessions wherever and whenever it is convenient for you.
4. Access clinical resources and support anytime.

Activate your no cost Sword Health Benefits today:

- Get started with Thrive at meet.swordhealth.com/thrive/necaibew
- Get started with Bloom at meet.swordhealth.com/bloom/necaibew

*Home-Based Rehabilitation with a Novel Digital Biofeedback System Versus Conventional In-Person Rehabilitation After Total Knee Replacement: A Feasibility Study, Nature; Digital Versus Conventional Rehabilitation After Total Hip Arthroplasty: A Single-Center, Parallel-Group Pilot Study, JMIR.

Bloom is Available at no cost to all active and pre-65 retiree participants, spouses, and dependents, who are age 18+ as part of your NECA-IBEW health plan benefits.

Thrive is Available at no cost to all active and pre-65 retiree participants, spouses, and dependents age 13+ as part of your NECA-IBEW health plan benefits.