Independence | sword thrive

Relieve aches + pains from the comfort of your home

Tired of experiencing chronic pain or loss of mobility? Struggling with discomfort? Meet Sword Thrive, your new digital physical therapy program designed to help you overcome joint, back, and muscle pain—all from home.

Combining licensed physical therapists (PTs) with easy-to-use technology, Thrive is more than just convenient, it is proven to work. 67% of members are pain-free by the end of their program.[1]



Here's how it works

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

sword.health/thrive/IBX/go

Available to you and eligible family members 13+ at no additional cost through your Independence Blue Cross health benefits plan.

Sword Health is an independent company providing care and disease management and wellness services on behalf of Independence Blue Cross. Independence Blue Cross offers products through its subsidiaries Independence Assurance Company, Independence Hospital Indemnity Plan, Keystone Health Plan East, and QCC Insurance Company — independent licensees of the Blue Cross and Blue Shield Association.

[1]Sword BoB 2023