Sword Health

Virtual physical therapy

Sword Health provides members with comprehensive virtual care from prevention to treatment of Musculoskeletal (MSK) conditions that affect the joints, bones, muscles and pelvic health. Sword's approach to care translates to impactful medical expense savings and improved health outcomes for your members.

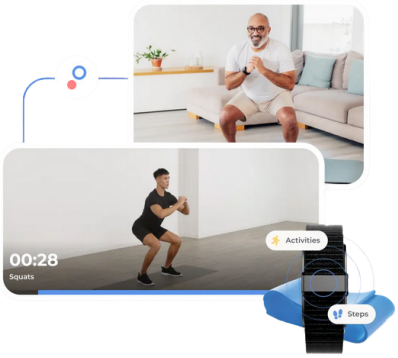
How it Works

Sword offers comprehensive virtual care from prevention to treatment. Regardless of the program, members are assigned a doctor of physical therapy for one-on-one treatment.

Personalized Experience

- Education and awareness (Sword On-Call and Academy)
- Guided virtual physical therapy (Thrive)
- Specialized pelvic health care (Bloom)
- Whole-body movement health (Move)

How to Access



1. Create an account or log in to BCBSND.me
2. Click Benefits.
3. Click All Benefits.
4. Find Sword Health.
5. Follow the steps under "How to Get Started."

Scan or visit BCBSND.me to register online
You can also download the app for iOS or Android.

Blue Cross Blue Shield of North Dakota is an independent licensee of the Blue Cross Blue Shield Association.
Sword Health is an independent company providing care and disease management and wellness services on behalf of Blue Cross Blue Shield of North Dakota.

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