

Are you sore from being seated most of the day?

At Sword Health, we understand that not every discomfort requires intensive treatment, and sometimes, a little goes a long way. That's why we created Sword Move, Sword's first whole-body movement solution that helps you:



Address
Low Pain



Avoid Injury



Build
Strength



Build
lasting
movement
habits



Start feeling better in your body today.
Learn more by visiting:

..... o sword.health/move/wedgewood/go

Available at no cost to employees, spouses, and dependents, age 13+, who are enrolled in a company-sponsored medical plan.

