

Allegiance Product Spotlight

Each month we will feature one of our preferred vendor partners and their products & programs.

Scroll down to learn more about Sword Health and how they would benefit your employees and their families.



[Sword Health](#) is the world's fastest-growing digital care provider, on a mission to free two billion people from pain. Founded in 2015, Sword delivers AI-powered, clinically validated care across MSK, pelvic, and mental health, while also supporting patient education and predictive analytics to prevent high-cost events. Care is delivered entirely by licensed DPTs and behavioral health specialists, supported by proprietary AI and FDA-listed medical devices that ensure safety, precision, and measurable outcomes.

Sword's model has scaled rapidly nationwide and internationally, **servicing over 500,000 members, and delivering more than 6.5 million therapy sessions to date.** Outcomes are validated in 55 peer-reviewed studies, and independent actuarial analyses confirm that **Sword generates a 3.2X ROI by reducing surgeries, ER visits, and imaging, while improving pain, function, and mental health.** Sword also pioneered outcome-based pricing, where fees are tied directly to measurable clinical improvement instead of service volume, aligning with a value-based care focus.



Freeing the world from pain

Unlike point solutions that address isolated conditions, Sword's unified platform empowers individuals to access the right care at the right time, guided by AI-enabled tools and supported by Sword's licensed clinical specialists. Sword platform includes:



Thrive: MSK care. Digital Physical Therapy pairing AI and Sword DPTs for in-clinic results at home.

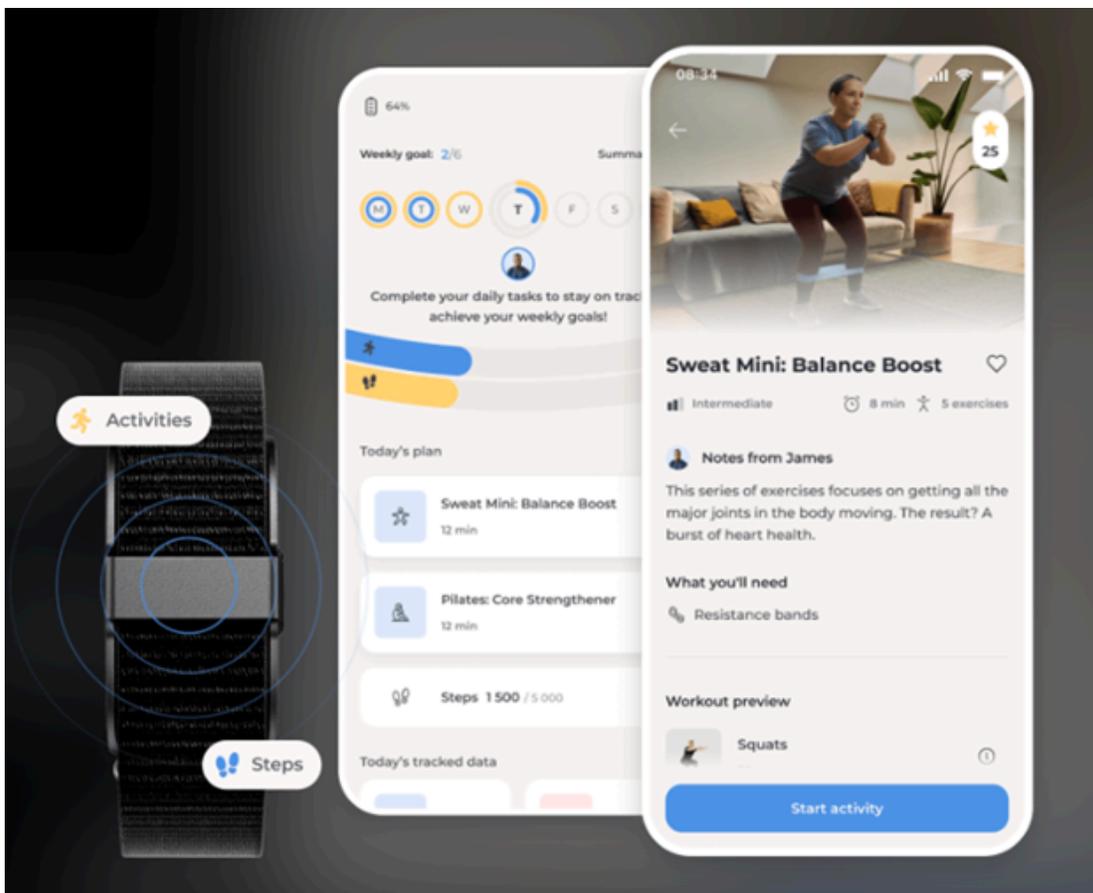
Bloom: Women's Health Care. Tailored women health programs led by certified Pelvic Health Specialists (who are also DPTs) for women at any life stage.

Move: Whole-body movement program for pain prevention and injury avoidance.

Academy: Expert-led education that helps improve health and wellbeing. Every member has access to a variety of clinically validated, easy-to-understand educational content through the app.

Predict: AI-powered solution that identifies members at high risk of costly events (such as surgery or severe MSK complications) up to eight months in advance and engages them early in conservative care pathways.

Sword's outcomes are supported by **55 peer-reviewed studies** that validate its clinical rigor. A randomized trial published in [*Nature Digital Medicine*](#) found that Sword's digital program achieved clinical outcomes equivalent to the **best in-person physical therapy, while doubling patient engagement and completion rates**. By addressing challenges that limit traditional PT, Sword has stronger program adherence than in-person PT. Sword's drop out rate was only 15.7% compared with in person drop out rates of 34.3%, while maintaining similar or better improvements in pain, disability, and mental health.



Pricing

50/50 outcomes and \$799 average cap across all users.

With Outcome Pricing, you only pay in full if our programs work in full.

Connect with your Allegiance Account Executive to learn more.

Learn more about Sword Health

Join us for an informational webinar to learn more about [Sword Health](#) and how they would benefit your employees and their families.

**Wednesday, March 25, 2026
12:00-1:00 PM MDT**

[Register for the Webinar](#)

Reach out to your Allegiance Account Executive for more details.

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