



NEW  
INCLUDED  
BENEFIT

# Virtual Physical Therapy

On your terms



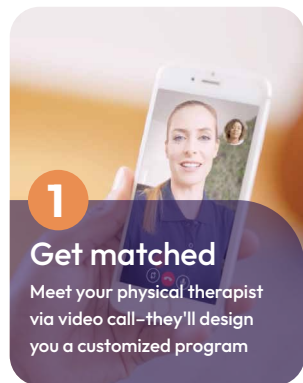
ALASKA LABORERS CONSTRUCTION INDUSTRY  
HEALTH & SECURITY FUND

PO BOX 34203

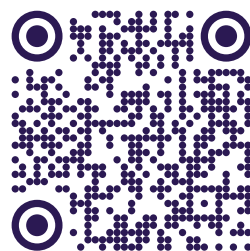
SEATTLE, WA 98124-1203

# Start your journey to Living pain free at home!

Effective January 1, 2023 you have access to virtual physical therapy for back, joint, and muscle pain that is proven to work better than in-person physical therapy.\* Best of all, **no referral is needed and there's no copay—so it's free** to eligible participants and their enrolled family members who are 18+. To learn more, visit [experience.transcarent.com/aklaborers/vpt](https://experience.transcarent.com/aklaborers/vpt)



Scan the QR code to download the app and get started with virtual physical therapy



\*Source: SWORD Health, Inc.

## Considering **SURGERY?** You Deserve the Best

Did you know, with Surgery Care you pay

**\$0**

You read that right—  
**Surgery costs are covered 100%**



**High-quality Care**  
Stringent standards



**Help Every Step of the Way**  
Dedicated Care Coordinator

**Questions?**

Download the Transcarent app to learn more.