

# Virtual Orthopedic Care

## Immediate Access, Immediate Answers



### ARE YOU OR A LOVED ONE DEALING WITH MUSCLE OR JOINT PAIN?

Upswing Health is here to provide fast, expert care right from your home—so you can feel better sooner. Whether it's a sore back, aching knees, or a new injury, Upswing Health helps Association for Care, Education and Support (ACES) members get the answers and treatment they need.

### INCLUDED BENEFITS IN YOUR PLAN



#### Convenient Care

Access orthopedic care from home via smartphone, tablet, or computer.



#### Expert Support

Board-Certified Orthopedic Physicians and Certified Athletic Trainers dedicated to your health.



#### Comprehensive Services

From diagnosis to a personalized treatment plan—we have you covered.



#### Affordable

High-quality care at little to no cost.

## Get Started

**1 Sign Up:** Register online at [aces.upswinghealth.com](https://aces.upswinghealth.com)

**2 Access the Care You Need:** Use our self-help resources or book an appointment.

**3 Receive Care:** Get personalized treatment and follow-up.

**Take the Next Step!**  
Sign up for **Upswing Health** today.

