For injuries from head to toe - Upswing it!

Use Upswing when hip, knee or shoulder pain keeps you up night after night, when you suddenly throw your back out or when a nagging injury from the past is slowing you down.

**Search injury → Talk with a professional → Follow care advice**

- Receive guidance on how to treat minor injuries at home, for example, how to treat a sprained ankle, sudden back spasm, or a pulled muscle.
- Consult with a doctor via telemedicine visit.
- Get a custom, video-based rehab/exercise program emailed directly to you.
- Help expedite your care with a referral to a physician for further, in-person evaluation or testing if needed.
- Personalized follow-up with a health coach to check on your progress and recovery.

A health coach will respond quickly when you set up a chat request between the hours of 8 am – 8 pm, 7 days a week.

Visit [Upswing Health](#) today!

**Need help getting started?**

Call Upswing: (203) 204-3855
Email: info@upswinghealth.com

Use Upswing Health to learn what’s causing your joint pain, and, if you’d like, connect to a live health coach without leaving your home.

**For urgent injury situations:**

A Health Navigator nurse is available 24/7 to evaluate your symptoms, advise care, and locate the nearest Orthopedic Urgent Care Center in your area when necessary. Call Health Navigator: 1-866-611-8005

For more information, click on the Health Navigator logo below.

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