

# Are you hearing a **POP** or **CRACKLE** or **GRIND**? Let's fix that.

TRS Motion+ gives expert care for every sound your body shouldn't make. Take Advantage to save \$\$\$ on certain procedures and start moving with confidence.



## CERVICAL SPINE PROCEDURES

Tech neck from lessons and laptops?  
Whiteboard writing wearing you down?  
Neck turning turned into neck burning?



## KNEE REPLACEMENT

Desk-level squats got your knees complaining? Stairs suddenly feel like summitting Mt. Everest?



## HIP REPLACEMENT

Limping to lunch? Teaching on your feet getting tough? Sit. Stand. Ouch?



## Quiet the noise and move **more freely**.

Call a Personal Health Guide, 24/7, at **1-866-355-5999** to learn more about how you'll pay no more than \$2,000\* for certain cervical spine procedures, knee and hip replacements.

\*TRS-ActiveCare HD participants will pay no more than \$2,000 after you meet your deductible.



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