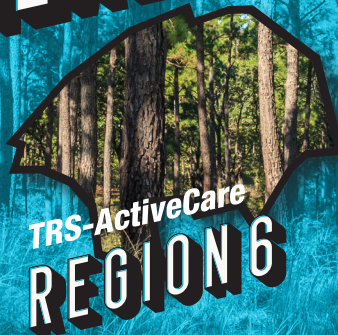
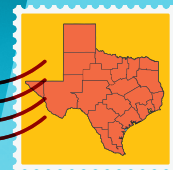


MUSCULOSKELETAL HEALTH BENEFITS



ATTENTION DALLAS/FORT WORTH AND HOUSTON AREAS!

If you live or work in regions 4, 6, 10 or 11, you're eligible for musculoskeletal alternative care at no cost!

Airrosti Remote Recovery is a musculoskeletal health program that focuses on chronic pain relief through a variety of at-home exercises and physical therapy.

It's designed to help you get pain relief in the following areas:

- arm
- foot
- hip
- knee
- lower back
- neck
- shoulder
- wrist
- and more

AIRROSTI REMOTE RECOVERY

REGIONS	Houston (4 and 6) Dallas/Fort Worth (10 and 11)
ELIGIBLE PLAN	TRS-ActiveCare Primary TRS-ActiveCare Primary+ and TRS-ActiveCare 2
MEMBER COST SHARE	\$0

To schedule an appointment, visit www.airrosti.com/trs or call 1-800-404-6050.

Airrosti is a separate company that has contracted with Blue Cross and Blue Shield of Texas to provide back and joint pain resolution service for members with coverage through BCBSTX. BCBSTX makes no endorsement, representations or warranties regarding third-party vendors and the products and services offered by them.



BlueCross BlueShield of Texas

Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation,
a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association



More About Airrosti Remote Recovery

Virtual care and treatment are led by an Airrosti provider and include:



mobility and stability rehab exercises



an injury-specific Remote Recovery Kit



a customized recovery plan



unlimited access to your Airrosti provider through the mobile app for 12 months

Helping you save money and time to get back to the activities you love!