

At-home programs target pain from head to toe



**Airrosti and Hinge Health offer virtual programs to target pain from head to toe** – and they’re available at no cost through your TRS-ActiveCare plan. Get relief for back, muscle and joint pain with at-home exercises, physical therapy and support.

### About Airrosti Remote Recovery\*

Virtual care and treatment include:

- examination and diagnosis
- mobility and stability rehab exercises
- customized recovery plan

To get started, call **1-800-404-6050** or visit [TRS-ActiveCare Airrosti Remote Recovery](#).

\*Airrosti Remote Recovery isn't available to participants enrolled in the TRS-ActiveCare HD plan.



You can also download the Airrosti app from the [Apple App Store](#)® and [Google Play Store](#)™.

### About Hinge Health

Virtual care and treatment include:

- personal care team, including a physical therapist and health coach
- second opinion on recommended surgery and treatment plans from orthopedic surgeons

**Not in pain but want to stay healthy?** Sign up for Hinge Health for recommended exercises tailored to you.

To get started, call **1-855-902-2777** or visit [TRS-ActiveCare Hinge Health](#).



You can also download the Hinge Health app from the [Apple App Store](#) and [Google Play Store](#).

[www.bcbstx.com/trsactivecare](http://www.bcbstx.com/trsactivecare)



By clicking this link, you will go to a new website/app ("site"). This new site may be offered by a vendor or an independent third party. The site may also contain non-Medicare related information. In addition, some sites may require you to agree to their terms of use and privacy policy.

Airrosti is a separate company that has contracted with Blue Cross and Blue Shield of Texas (BCBSTX) to provide back and joint pain resolution service for members with coverage through BCBSTX. Airrosti Remote Recovery is available at \$0 cost. Airrosti in-clinic services are subject to applicable copays, deductible and out-of-pocket amounts outlined in the benefits booklet.

Hinge Health is an independent company that has contracted with Blue Cross and Blue Shield of Texas to provide an online musculoskeletal program for members with coverage through BCBSTX.

BCBSTX makes no endorsement, representations, or warranties regarding third-party vendors and the products and services.

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