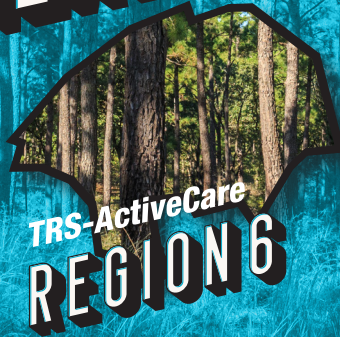


MUSCULOSKELETAL HEALTH BENEFITS



NEW FOR YOU IN THE 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 and Hinge Health are two musculoskeletal health programs that focus on acute and chronic pain relief through a variety of at-home exercises and physical therapy.

Both programs are 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	HINGE HEALTH
REGIONS	Houston (4 and 6) Dallas Fort Worth (10 and 11)	
ELIGIBLE PLAN	TRS-ActiveCare Primary, TRS-ActiveCare Primary+ and TRS-ActiveCare 2	TRS-ActiveCare Primary, TRS-ActiveCare Primary+, TRS-ActiveCare 2 and TRS-ActiveCare HD
PARTICIPANT COST SHARE	\$0	\$0
REMOTE	Yes	Yes
IN-OFFICE OPTION*	Yes	No

*Standard benefits apply

Save money and time to get back to the activities you love!

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.

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.

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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 Arrosti:

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

- mobility and stability rehab exercises
- a thorough examination complete with diagnosis before a recovery plan is established
- a customized recovery plan
- an injury-specific Remote Recovery Kit
- unlimited access to your Arrosti provider through the mobile app for 12 months

To schedule an appointment, visit www.arrosti.com/remoterecovery

Or, call **1-800-404-6050**

More About Hinge Health:

Hinge Health provides all the tools you need to get moving again from the comfort of your home.

They can help tailor your treatment plan with:

- a personal care team, including a physical therapist and health coach
- personal physical therapy sessions as needed
- wearable sensors and a tablet that give live feedback in the app
- a second opinion on any recommended surgery and treatment plan from orthopedic surgeons
- access to the program for 365 days

Even if you don't have pain and are just looking to stay healthy, you can sign up for the free Hinge Health app. You'll get recommendations based on your job and lifestyle.

Visit www.hingehealth.com/bcbstx_trs for more information.

Or, call **1-855-902-2777**