

MSK EDUCATION & ENGAGEMENT EVENTS



Airrosti offers in-person and virtual events for employers located near an Airrosti clinic, located in states with ARR access, or have a mix of both. Airrosti's Account Management team will help customize the best plan for your population.

SEMINARS, WORKSHOPS & WEBINARS

A dedicated Account Manager will provide guidance and recommendations to best fit each employer's unique needs. Onsite event promotion emails, registration links, and other promotional materials will be created by Airrosti and shared with HR/ Benefits team for distribution.

INJURY SPECIFIC WORKSHOPS

- ▮ Back Pain & Spine Surgery Prevention
- ▮ Best Foot Forward: Avoiding Plantar Fasciitis
- ▮ Headaches: It's Not Just in Your Head
- ▮ Tech Neck: Common Conditions Caused by Technology

MUSCULOSKELETAL WELLNESS ACTIVITIES

- ▮ Head & Shoulders Above Pain: Preventing Shoulder Injuries
- ▮ Health at Your Desk
- ▮ Health Behind the Wheel
- ▮ Health on the Line
- ▮ Health on the Move: Addressing Lower Body Pain
- ▮ Pre-Shift Warmup
- ▮ Steps Toward a Better You: Running & Walking Injury Prevention
- ▮ Exercise Class Format
- ▮ Foundations of Fitness
- ▮ Lacrosse Ball: Upper Body & Lower Body
- ▮ We've Got Your Back



OPEN ENROLLMENT/ WELLNESS FAIRS

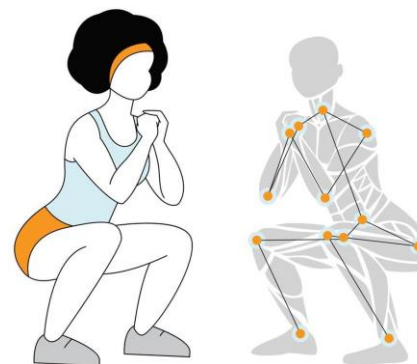
Onsite fairs are a great time to interact with employees, provide educational information, and answer questions about Airrosti care. Incorporating an interactive component like injury assessments & screenings, or mini workshops is a best-practice for employers to implement.

INJURY ASSESSMENTS

- ▮ Airrosti Providers are experts at accurately diagnosing and resolving musculoskeletal pain and injuries. If you are suffering from chronic pain or acute injuries, sign up for a free, no obligation assessment to discover the source of your pain and your treatment options in just 20 minutes.

MOTION HEALTH ASSESSMENT

- ▮ Using new motion capture technology, Airrosti will test your range of motion and you will get to discuss your results with a licensed provider - at no cost! Airrosti providers are highly trained professionals that are here to help guide you on a path to improved muscle and joint health.



POP-UP CLINICS

Some employers benefit from pop-up clinics where Airrosti will provide quality and outcome-based diagnosis and treatment services for musculoskeletal conditions in a convenient, workplace location. This is designed to:

- ▮ Reduce episode length and time away from work, significantly impacting absenteeism and presenteeism
- ▮ Allow employees to utilize an Airrosti Certified Provider onsite to increase MSK claim savings and improve productivity impact associated with MSK conditions
- ▮ Increase advocacy by eliminating barriers to utilizing Airrosti

*The pop-up clinic offering is available on a case-by-case basis & must be approved before proceeding

