



Move Better, Feel Better and Live Better at No Cost to You!

Get relief for acute and chronic pain and other conditions at home with Airrosti Remote Recovery. This program is available to TRS-ActiveCare Primary, TRS-ActiveCare Primary+ and TRS-ActiveCare 2 participants at no cost. For TRS-ActiveCare HD participants, Airrosti Remote Recovery is available at no cost once your deductible is met. Sign up to get your free Remote Recovery Kit with at-home recovery tools and expert guidance.

Find relief in the following areas:

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

Each Airrosti Remote Recovery treatment plan includes:



Understand your injury and start your recovery.



Get back your function and mobility and feel better.



Connect with your provider anytime in the Airrosti app.

Visit www.airrosti.com/trs or call **1-800-404-6050** to schedule an appointment.

* Airrosti Remote Recovery is a \$0 copay for TRS-ActiveCare Primary, TRS-ActiveCare Primary+ and TRS-ActiveCare 2.

Information provided by Blue Cross and Blue Shield of Texas is for informational and educational purposes only and is not a substitute for the independent medical judgment of a physician or other health care provider. Members are instructed to consult with their health care provider before beginning their journey toward wellness.

Airrosti is a separate company that has contracted with Blue Cross and Blue Shield of Texas to provide back and joint pain resolution services 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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