

## LOWERING HEALTHCARE SPEND WITH HIGH VALUE & IN-NETWORK MUSCULOSKELETAL ENGAGEMENT



### Musculoskeletal Benefit Workshops

#### What is Airrosti?

Introduction and education on Airrosti's outcome-based care, rapid recovery for common conditions and injuries, and opportunities to help avoid surgeries, imaging, or other unnecessary care

#### Ask the Doc Program

An interactive and educational Q&A led by an experienced Airrosti Provider



### Experience Airrosti Programs

#### Injury Assessment Day(s)

Complimentary one-on-one assessments that include a thorough evaluation, injury education, recovery options and appropriate self-care exercises (*approximately 15 minutes each*)

#### Experience Airrosti Day(s)

Onsite Airrosti treatment experience for plan members currently in pain (*one hour treatment with each participant*)



### Injury Specific Workshops

#### Back Pain & Spine Surgery Prevention

Educational workshop focused on the causes of back pain, prevention, and conservative care to avoid high-tech imaging, injections, and surgeries

#### Tech Neck

Educational workshop that provides prevention and exercise strategies for the most common conditions caused by use of modern day technology

#### Best Foot Forward: Avoiding Plantar Fasciitis

Interactive workshop focused on addressing and preventing the most common type of foot pain

#### Headaches: It's Not Just In Your Head

Educational workshop focused on common types of headaches, causes, and prevention strategies



### Musculoskeletal Wellness Activities

#### Health on the Move

Educational workshop focused on addressing the common conditions contributing to lower body pain, while providing useful prevention and recovery methods

#### We've Got Your Back

Professionally guided group exercise class focused on increasing flexibility and core strength while preventing common low back conditions (*exercise class format*)

#### Health At Your Desk

Educational workshop focused on strategies to avoid aches and pains associated with prolonged sitting

#### Foundations Of Fitness

Professionally guided group exercise class focused on safe and proper form of fundamental fitness exercises

#### Health On The Line

Educational workshop focused on exercises that help address pain associated with repetitive movements and bad posture

#### Pre-Shift Warmup

Interactive workshop where participants learn the importance of stretching as well as a series of stretches to do before their shift and throughout the day

#### Health Behind The Wheel

Educational workshop customized for transportation workplace environments

#### Lacrosse Ball: Upper Body & Lower Body

Interactive and educational workshop designed to teach safe and proper use of a lacrosse ball as a valuable rehab tool for improving flexibility and reducing pain / injuries. Upper and lower body focused sessions



### Employee Communications

Customized Benefit Announcements  
(emails, posters, table tents)

Quarterly Injury Prevention Spotlight Emails