

*All PREAct offerings are complimentary and available in person or a virtual format.  
Airrosti will provide all necessary materials and employee communications.*



### **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

#### **What is Airrosti Remote Recovery?**

Overview of Airrosti's convenient and effective virtual care, Airrosti Remote Recovery. Highlights the key components of the online program, appropriate injuries, and benefit details

#### **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 with an Airrosti Provider that include a thorough evaluation, injury education, and recovery options (approximately 15 minutes each)



### **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



### **Employee Communications**

Customized Benefit Announcements  
(emails, posters, table tents)

Quarterly Injury Prevention Spotlight Emails