

*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