



BlueCross BlueShield
of Texas



Get At-Home Care for Muscle and Joint Pain – No Cost to You!

**Do your knees or back hurt?
Are you suffering from wrist or foot pain?
Flex may help!**

As a member of Blue Cross and Blue Shield of Texas, you have the benefit of Flex – a premier digital app for muscle and joint health. Flex is a self-guided movement and exercise program designed to help you reduce pain, enhance mobility and reach your overall wellness goals.

Flex evaluates your muscle and joint health with precision, delivering an on-demand exercise program customized just for YOU. Enroll in Flex to build your personalized plan that you can access from home, at your convenience.

This member wellness benefit is available at no cost to you.



Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

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Move On Your Schedule



A Personalized Plan Just for You

After you complete the FlexCheck movement assessment, Flex creates a customized program tailored to your needs that consists of easy-to-follow mobility and stability exercises.



Optional Health Coach Support When Needed

When extra support is needed, you can choose to access a team of Certified Health Coaches*. Whether you have a quick question or need to modify your program, you can message a Health Coach or get on a video call.

*The information provided by the wellness coach is intended for educational/informational purposes and should not be construed as medical advice.



Flex Kit Delivered to Your Home

The Flex Kit is a curated collection of rehab tools delivered straight to your front door at no additional cost. The Flex Kit may include a variety of essential wellness tools to help you recover faster, including a foam roller, resistance bands, a massage stick and more.

Flex provides exercises that can be done anywhere – at your home, office, gym and even on vacation. Sessions are designed to fit into your schedule. Move and feel better in just 10 minutes a day!



Start Moving Today!

Scan the QR code at left or visit <https://flexbyairrosti.com> to learn more and enroll today.

Powered by Airrosti's Proven Results

Flex is powered by Airrosti, a national leader in musculoskeletal care with over 20 years of clinical practice. Their experience ensures that you benefit from the same expertise that has brought lasting pain relief to over one million patient cases.

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.