



Live Better
with Flex
for \$0 today!

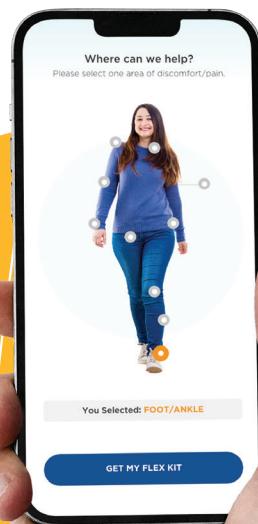
Eliminate Pain and Improve Mobility From the *Comfort* of Your Home!

You deserve to move without limits and live without pain! It's time to unlock the power of your **no-cost member wellness benefit** of Flex - a premier digital app that evaluates your muscle and joint health.

Flex is a self-guided movement and exercise companion that delivers an **on-demand exercise program** customized just for you and designed to help reduce pain, enhance mobility, and achieve your wellness goals—anytime, anywhere. Enroll in Flex to build your personalized plan today!

Begin your Flex journey today, with no expense to you!

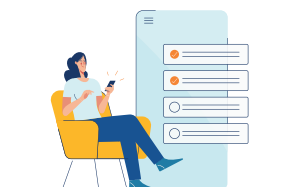
Scan the QR code or visit flexbyairrosti.com
to learn more and enroll today for \$0!



[FLEXBYAIRROSTI.COM](https://flexbyairrosti.com)

A Life Without Pain in 4 *Easy* Steps

Step 1



Tell Us About Yourself

Complete the FlexCheck to assess your health and movement, and receive a personalized exercise program tailored to your needs and goals!

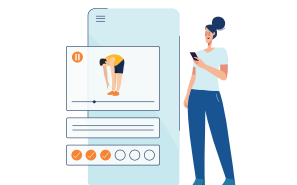
Step 2



Get Equipped

Your complimentary Flex Kit, delivered directly to you, includes the essential tools and equipment to help you fully engage with your program and maximize each workout.

Step 3



Get Moving

Start your personalized program immediately with access to exercises that improve mobility and health.

Step 4



Live Pain Free

Consistently follow your program, customize your schedule, and use your Flex Kit to reduce pain and enhance well-being for a pain-free life.

We're With You *Every Step* of The Way!

When you need help, we're here for you. With Flex, you have unlimited access to an experience team of Certified Health Coaches.* Message your Health Coach with a quick question or hop on a video call when you need a modification to one of your exercises. Engage at your convenience, no appointments to manage.

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

