



RELIEF STARTS HERE:

The Help You Need to Feel Your Best

Living with chronic pain can impact every part of your life, making even simple daily tasks feel overwhelming. When you suffer from back, muscle, or joint pain, you're also more likely to experience anxiety, depression, and other mental health issues.

The **good news** is that Atmos Energy offers resources that address the root cause of your pain, provide support for treatment that can help you get back to feeling your best, and may help you avoid more costly care.



If you or a family member is suffering from muscle or joint pain, stiffness, or chronic pain related to an injury, Atmos Energy provides support tools that help you stay active and live a pain-free life — both at home and at work.

OUR PROGRAMS ARE DESIGNED TO PROVIDE YOU WITH:

- **Quality care** to help diagnose, manage, and correct your pain
- **Easy access** to expert support, on-site and virtually, with no long wait times
- **Solutions that address the root cause** of your pain, reducing the need for surgery, medications, or imaging
- **Expert second medical opinions**, if you're considering surgery or have a serious health diagnosis

Take advantage of these resources to get relief from pain so you can feel your best and enjoy a more active life.

TRY AIRROSTI: Affordable Pain Relief With Fast Results

Airrosti is a specialized care group that provides rapid recovery treatment to help relieve muscle and joint pain. Whether you've been living with chronic pain for years or had a recent injury, Airrosti's providers get to the root cause to help you recover quickly.

Here are some other great benefits of Airrosti's personalized approach to care:

- No needles, surgery, or invasive procedures involved with treatment
- Convenient virtual and in-person appointment options to fit your schedule
- Individualized recovery plans that you can manage from home
- Unlimited access to your Airrosti care team

Airrosti is available to you and your family members covered by the Atmos Energy Medical Plan.

Airrosti Remote Recovery

Airrosti Remote Recovery is Airrosti's convenient virtual program that connects you with an expert clinician who will help you understand your condition, prescribe an individualized recovery plan, and give you the tools you need to live pain-free, including a Remote Recovery Kit and unlimited access to your Care Team.

THE AIRROSTI METHOD

- **Assessment and Diagnosis:** a thorough clinical assessment to evaluate your condition and determine the root cause of your pain
- **Manual Therapy:** manual manipulation of your soft tissue through appropriate directed pressures, movements, and strokes
- **Active Care Program:** a customized program of at-home stretches and exercises to help speed recovery and prevent future injuries
- **Outcome Assessment:** a functional outcome assessment at the end of each treatment to evaluate progress; you can expect increased range of motion, increased stability and strength, and decreased pain

What Does Treatment Cost?

In-person and virtual visits are covered by BCBSTX through the Atmos Energy Medical Plan at **\$0 for EPO and PPO participants**. HDHP participants will pay the full cost of each visit until their deductible is met.

Note: Since Airrosti is focused on treating the root cause of the problem, your condition may take only three or four visits to resolve.

Schedule a FREE Consultation

Before you commit to surgery or costly treatment, book a **free** virtual consultation with an Airrosti provider. If Airrosti is a good fit, you could save time and money and recover faster. If it's not the right solution, your provider will help you find the next right step.



To schedule an appointment, scan the QR code, go to **Airrosti.com**, or call **800-404-6050**.

Get Expert Guidance and Support With MY MEDICAL ALLY

A serious health diagnosis or surgery recommendation can feel overwhelming, but you're not alone. My Medical Ally offers **free, personalized support** to help you and your extended family understand your options, navigate care, and connect you with top-quality doctors — all at **no cost**.

My Medical Ally provides confidential, one-on-one support and expert assistance to make your medical decisions easier, including:

- Access to a team of top doctors, nurses, and researchers
- Help with understanding your medical condition, risks, and treatment options
- Assistance with getting a second opinion
- Your own Medical Ally guide, who can provide help with navigating the healthcare system
- Recommendations for top-rated specialists and hospitals

You and your extended family — including parents, in-laws, siblings, etc. — can also reach out to My Medical Ally for information and support on any health topic or medical condition.

Call **888-361-3944** and use code **Atmos** to get connected with your support team today.

Surgery Decision Support Program

If your doctor has recommended surgery, you may be eligible to participate in the Surgery Decision Support program. This program helps you better understand the diagnosis, available treatment options, benefits, and risks for the following procedures:

- Lower back surgery
- Hysterectomy
- Hip or knee replacement
- Weight loss surgery

To give you confidence in your care, the Surgery Decision Support team helps connect you with high-quality doctors and hospitals before your procedure.

NEUROMUSCULAR CORPORATE SOLUTIONS: Convenient, On-Site Treatment at No Cost

If you need relief from muscle, joint, or other pain, schedule a **free** 15-minute session with a Neuromuscular Corporate Solutions (NCS) provider at select Atmos Energy locations, where you can receive on-site treatment without leaving work or going to a doctor's office.

Your treatment is personalized to your condition, and your provider will work with you to create an ongoing treatment plan. You don't need to be enrolled in the Atmos Energy Medical Plan to receive care.

NCS can help relieve and resolve many common sources of pain and discomfort, such as:

- Achilles tendinitis
- Lower back pain
- Ankle sprains
- Shoulder, neck, and hip pain
- Carpal tunnel syndrome
- Tension headaches and migraines
- TMJ discomfort
- Muscle pulls and strains

Schedule Your Onsite Appointment!



If NCS offers services at your site, you can scan the QR code or visit **nmcsonline.com/atmos** to schedule an appointment. You need to sign in or create a new account and complete the medical questionnaire. Then, select *Appointment* and choose an available session time.

To see a list of Atmos Energy NCS locations on **Atmosphere**, go to *Employee Resources*, and navigate to *Health and Wellness, Healthcare Assistance Programs, NCS*.



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Summary of Atmos Energy Musculoskeletal Resources

	AIRROSTI	MY MEDICAL ALLY	NCS
Overview	Get diagnosed and treated for the most common muscle and joint conditions	Understand your diagnosis and treatment options, get an expert second opinion, and receive support when making decisions about surgery	Receive immediate pain relief through a 15-minute appointment with an on-site provider
Who	All Atmos Energy employees and family members enrolled in the Atmos Energy Medical Plan	All Atmos Energy employees and extended family members If you are not enrolled in the Atmos Energy Medical Plan, reach out to your local HR partner for assistance	All Atmos Energy employees at select locations You do not need to be enrolled in the Atmos Energy Medical Plan
When	Anytime, anywhere	Anytime, anywhere	Visit nmcsonline.com/atmos to see available times
Where	In-person or virtual	Call to get started	In person Visit nmcsonline.com/atmos to see available locations and appointment times
Cost	EPO and PPO participants: Free HDHP participants: Pay full visit cost until deductible is met	Free	Free
Contact Information	800-404-6050 Airrosti.com	888-361-3944 Use code Atmos	Make an appointment at nmcsonline.com/atmos