



musculoskeletal
MANAGEMENT

HEALTHCARE BLUEBOOK + \$0 PROCEDURES

Members enrolled in the Standard and Choice medical plans can receive certain musculoskeletal procedures for NO COST if you use a designated green provider at a green facility. Examples include carpal tunnel surgery, hip or knee replacement surgery, and knee or shoulder arthroscopies. To learn more, [visit our website](#).

An alternative to orthopedic surgery. \$0 cost share for medical plan members enrolled in the Standard and Choice medical plans. To make an appointment: regenxxbenefits.com/larimer-county.



LIFESTYLE EDUCATION Members enrolled in the Standard & Choice PPO Plans have a \$500 annual benefit to be reimbursed the cost of an approved program or app.

PHYSICAL THERAPY at the Wellness Clinic

- Evaluate strains, sprains, tendonitis, neck, and low back pain;
- Regain function after injury;
- Post-operative care;
- Improve mobility;
- And so much more.

\$0 cost to those in the Standard and Choice plans, \$45 copay for HDHP members.

COLORADO IN MOTION

Members enrolled in the Standard and Choice PPO plans are eligible for 8 zero cost sessions with Colorado in Motion.



! MASSAGE + ACUPUNCTURE BENEFITS

Members enrolled in the Standard and Choice PPO plans are eligible for a \$1,000 annual benefit to receive massage therapy, acupuncture, and/or sensory deprivation services with a \$25 copayment.

FITNESS CENTER
FREE fitness center access for all employees.

GYM DISCOUNTS
For a complete list of discounted gym memberships for Larimer County employees, [visit our website](#).

