

Everything you need to know about your health plan



Plan Highlights	Doctors and Hospitals	Coverage and Benefits	Health and Wellbeing
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New Plan Year

News and updates for participants

October 2024

Your TRS-ActiveCare Primary plan

Welcome to your 2024-25 TRS-ActiveCare Primary plan. Your plan year has begun, and we want to make sure you know about your benefits and how to use them. Be sure to save this email so it's handy when you need to find important coverage information!

[Read More](#)

Where To Go For Care

You're fighting allergies. Or fire ants. Or Bunsen burners. No matter what's ailing you, knowing where to go for care is critical. Going to the wrong place could delay your care, cost you more (A LOT more!) or both.

These can help. Print your favorite for your corkboard at school, or the fridge at home.



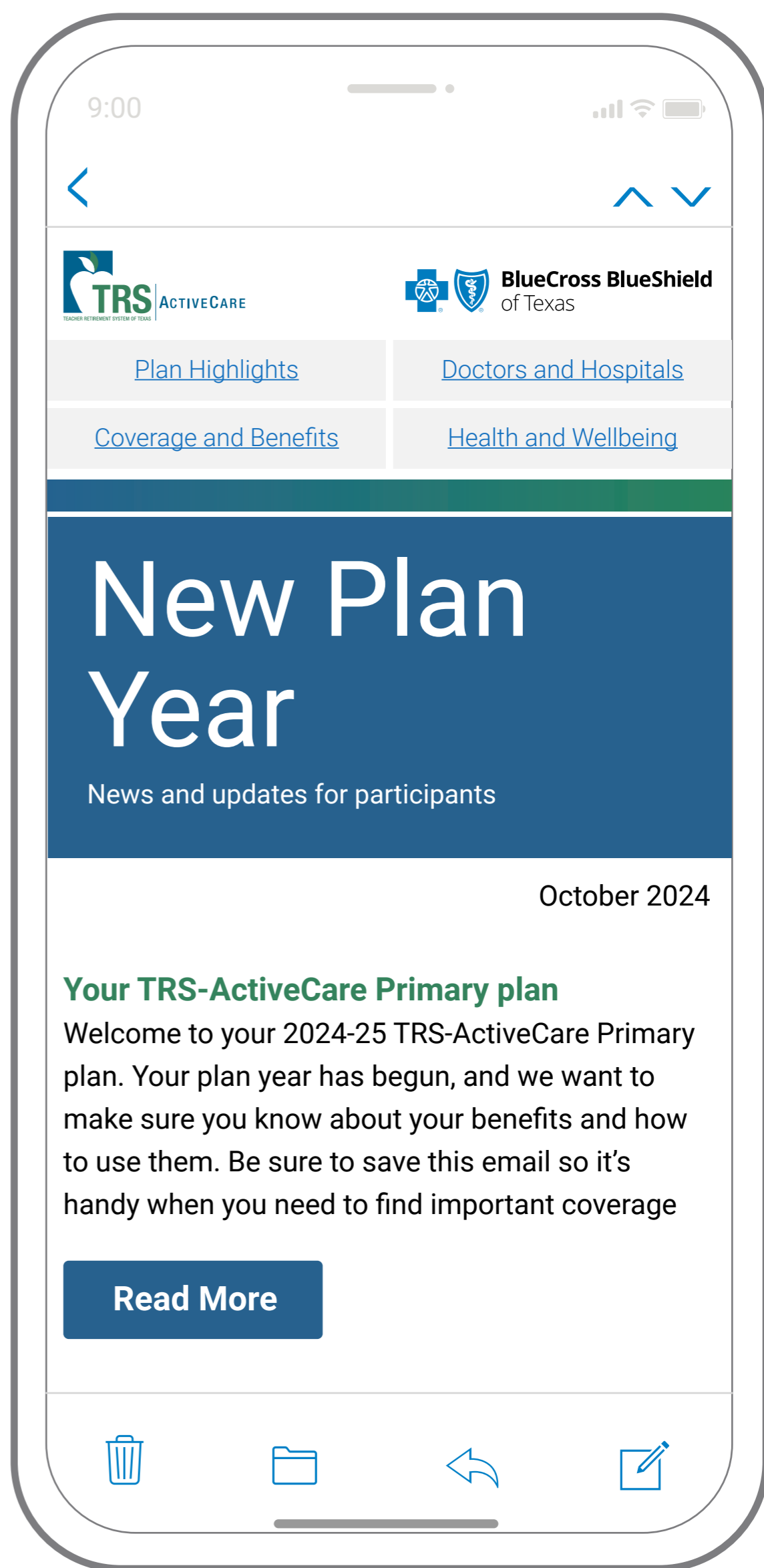
Still need help? Call a Personal Health Guide at **1-866-355-5999** or chat in the BCBSTX App 24/7.

New "How to" videos help you use your coverage

You're enrolled and the new plan year is here. Yay! Now it's time to use your coverage. But how?!


Check out our "How to" videos. They're short, easy to access, and can help you with everything coverage related. This year, we've added even more so you can make the most of your coverage.

[Access Videos](#)



Get Well with TRS-ActiveCare


Your TRS-ActiveCare plan offers you so much more than coverage for doctors' visits. It includes a variety of programs to help you take a well-rounded approach to your health and wellness. From diet and exercise to mental health and family planning, you have resources available to you at **little to no extra cost**.



The Fitness Program

Get affordable, no-contract memberships at gyms nationwide. Choose what works best for you based on location, budget or personal preference.


[Sign Up](#)



Well onTarget® Wellness Coaching:

What if you had access to a personal coach who could help you set and meet your health and wellness goals? You can work with a nutritionist, a fitness expert or another type of credentialed health expert for free.


[Sign Up](#)



Mental Health Care

Every TRS-ActiveCare plan covers mental health. The average delay between when mental health issues start and when people finally get help is 11 years. Don't wait another day. Get care for depression, stress, anxiety, alcohol or drug misuse and other conditions.


[Get Care](#)



Care for the Whole Family

Your TRS-ActiveCare plan provides support for your whole family's health in every stage of life.


[Learn More](#)



TRS Virtual Health

You and your family can get convenient, quality health care from home or on the go through Teladoc® or RediMD™, 24/7. They can treat conditions like colds, flu, allergies, asthma, skin issues, muscle strains, respiratory infections and other acute illnesses.


[Learn More](#)



Finding a Provider

Did you know that having a relationship with a Primary Care Provider can lead to a longer, healthier life? Getting to know your PCP and scheduling your annual wellness exams could prevent both minor and serious illnesses.


[Find a PCP](#)



Member Rewards

What could you do with an extra \$599? That's how much you could earn per plan year when you use Member Rewards for certain procedures.


[Learn More](#)



Prescription Drug Benefits

Your TRS-ActiveCare plan includes prescription drug benefits administered by Express Scripts. **You have options for filling prescriptions and saving on your medications.**

[Learn More](#)






We're Here for You 24/7

Have a question? Call or chat with a plan specialist, anytime. PHGs are your plan experts. They help make your health plan easy to understand and help you maximize your benefits.

[Learn More](#)

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The Well onTarget program is offered to you as a part of your employer-sponsored benefits. Participation in the Well onTarget program, including the completion of a Health Assessment, is voluntary and you are not required to participate.

MDX Medical, LLC a Zellis company, is an independent company that has contracted with Blue Cross and Blue Shield of Texas to administer the Member Rewards program for members with coverage through BCBSTX. Reward-eligible options and reward amounts are subject to change. Eligibility for rewards is subject to terms and conditions of the Member Rewards program. Amounts received through Member Rewards may be taxable. BCBSTX does not provide tax advice. Members that have primary coverage with Medicaid or Medicare are not eligible to receive incentive rewards under the Member Rewards program.

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