

You'll need this in your suitcase



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Hittin' the road for summer break? Planning to unwind with a staycation?

No matter where you are or what you're up to this summer, you'll need to know what to do and where to go when you need care.

Stay in Network

If you're traveling out of state this summer, it's important to know your options for care.

TRS-ActiveCare Primary and **TRS-ActiveCare Primary+** plans don't have out-of-network or out-of-state coverage. The plans won't cover anything other than emergency care out of state. That means you must pay the total cost of that non-emergency care.

TRS-ActiveCare HD has out-of-state coverage, so you can see providers outside of Texas. It also has out-of-network coverage, but it'll cost you more if your provider isn't in network.

All TRS-ActiveCare plans cover emergency care. Another option for out-of-state health care is TRS Virtual Health. Care is available 24/7 and is always in network.



TRS Virtual Health

No matter where you are, and what time of day or night, you can use **TRS Virtual Health**. Teladoc® and RediMD™ have board-certified doctors available by phone or video for non-urgent medical conditions, 24/7. Teladoc also offers virtual mental health care.

Register with Teladoc and RediMD before you leave town so you're ready to go when you need care. Ask your Primary Care Provider if they offer virtual visits and take those instructions with you when you travel.



Need a virtual provider?

Connect with a Personal Health Guide at **1-866-355-5999** or chat through the **BCBSTX App** anytime, day or night.



Stay Away From Freestanding ERs



Unless you have a true emergency, **getting care at a freestanding ER could cost you.** They're usually out of network, and often not equipped to treat true emergencies. That means they may have to transfer you to a real ER (one that can admit you to a hospital). This would delay your care and cost you a lot more.

Don't forget your PCP



You can always visit your PCP for minor illnesses and injuries. Summer is also a great time to catch up on preventive care like an annual wellness exam and immunizations.

Don't have a PCP? Visit [Provider Finder®](#) to find one.

[Get Care](#)

www.bcbstx.com/trsactivecare



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1001 E. Lookout Drive, Richardson, TX 75082

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