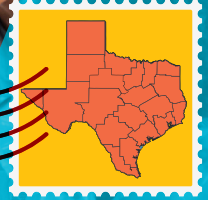


TOOLS FOR A HEALTHIER YOU



We're here to help you get – and stay – healthier. Your TRS-ActiveCare plan gives you the tools and resources you need to get healthier on your own schedule.

Virtual Health

Getting care when and where you need it is more important than ever. That's why your coverage includes TRS Virtual Health, powered by Teladoc® (www.teladoc.com/trsactivecare or **1-855-835-2362**)¹ and RediMD™ (www.redimd.com/trsactivecare or **1-866-989-2873**)².



Get convenient, quality medical and mental health care from home or on the go, without going to a doctor's office.* Your non-covered family members can even get medical care through TRS Virtual Health at an affordable fixed rate.³

*RediMD does not provide mental health care.

Member Rewards⁴

No matter which TRS-ActiveCare plan you're on, there's a Member Rewards program for you. Choose high-quality, affordable providers and facilities, and earn credit toward future health care expenses. Use Provider Finder® to find a rewards-eligible location for a service or procedure.

Go to www.bcbstx.com/trsactivecare and log in to Blue Access for MembersSM (BAMSM).

Mental Health Support

Digital mental health programs from Learn to Live⁵ can help you feel better and enjoy life more. Learn to Live programs are based on cognitive behavioral therapy techniques with a track record of helping people feel better. It's confidential, accessible anywhere, and available at no added cost to you. Access programs whenever it fits your schedule, and connect with a coach by phone, text or email.

To get started with Learn to Live:

- Log in to BAM at www.bcbstx.com/trsactivecare
- Click **Wellness**
- Choose **Digital Mental Health**

¹ Teladoc is an independent company that has contracted with BCBSTX to operate and administer the virtual visits program for members with coverage through BCBSTX. Teladoc is solely responsible for its operations and for those of its contracted providers.

² RediMD is an independent company that has contracted with BCBSTX to operate and administer the virtual visits program for members with coverage through BCBSTX. RediMD is solely responsible for its operations and for those of its contracted providers.

³ Immediate family members who don't have a TRS-ActiveCare health plan can use TRS Virtual Health at a fixed rate. RediMD = \$35/visit; Teladoc = \$55/visit

⁴ If you have a Primary Care Provider (PCP) in the Kelsey Seybold provider network, you are not eligible for this program

⁵ Learn to Live provides educational behavioral health programs; members considering further medical treatment should consult with a physician. Learn to Live, Inc. is an independent company that provides online behavioral health programs and tools for members with coverage through Blue Cross and Blue Shield of Texas. BCBSTX makes no endorsement, representations or warranties regarding third-party vendors and the products and services offered by them.



BlueCross BlueShield of Texas

Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

Health Advisors

Health Advisors are specially trained nurses and other medical professionals who can give you extra support with an acute or chronic health issue. They can even schedule appointments with your doctors. They're available at no added cost to you. Call a Personal Health Guide at **1-866-355-5999** to connect to a Health Advisor.*

Women's and Family Health: Pregnancy and Parenting Support

If you plan to add to your family, you have help getting ready with Ovia Health® apps. Get step-by-step guidance through fertility, pregnancy and parenting†. Ovia apps include support from a registered nurse. If you have a high-risk pregnancy, you also get phone support from a maternity specialist.

Ovia Health apps include:

- **Ovia Fertility:** Tracks cycles and predicts when pregnancy is most likely.
- **Ovia Pregnancy Tracker:** Monitors pregnancy and baby's growth week by week leading up to baby's due date.
- **Ovia Parenting:** Keeps up with a child's growth and milestones from birth through three years old.

Download the Ovia Health mobile apps from the Apple App Store or Google Play Store. During sign-up, select "I have Ovia Health as a benefit." You'll be asked to enter your employer's name, but you can skip that step. Select BCBSTX as your health plan.

Live Well with Well onTarget®

The Well onTarget website and companion AlwaysOn® mobile app help you reach your wellness goals and manage your health conditions – all in one place.¹

With Well onTarget you can:

- Complete an online Health Assessment, get information about Blue Points, and get recommendations to help you get and stay healthy.
- Get one-on-one support by phone or secure online messaging – whatever works for you!
- Get help losing weight, improving your blood pressure or quitting smoking, among other goals.
- Link your fitness devices and nutrition apps in Well onTarget or use the built-in tracking tools in the portal to help you stay on track.

Blue PointsSM

Earn Blue Points for regularly participating in many healthy activities. You can redeem points in an online shopping mall, which offers a variety of merchandise, such as books, music, sporting goods and more.²

Fitness Program

Join the Fitness Program for a low monthly fee. Go to any gym in the nationwide network. A digital-only option from BurnAlong³ offers thousands of fitness videos and live classes you can take advantage of from home. Plus, save on wellbeing services like acupuncture, massage and personal training.⁴

Talk to a Nurse

Registered nurses with the 24/7 Nurseline can help with health concerns in the middle of the night or on the weekend⁵. Call the 24/7 Nurseline anytime at **1-833-968-1770**.

Want to Learn More?

Contact a Personal Health Guide who has the resources and connections to help get you what you need and to answer questions about your benefits. Call **1-866-355-5999** or chat through the BCBSTX App (available from the Apple App Store or Google Play Store). You can also go to **www.bcbstx.com/trsactivecare** to learn about your wellness programs and tools.

*Health Advisors do not replace the care of a doctor. You should talk to your doctor about any medical questions or concerns.

†Ovia Health is an independent company that provides maternity and family benefits solutions for Blue Cross and Blue Shield of Texas.

¹ 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. Visit Well onTarget for complete details and terms and conditions.

² Blue Points Program Rules are subject to change without prior notice. See the Program Rules on the Well onTarget Member Wellness Portal at wellontarget.com for further information. The Well onTarget member rewards redemption service is provided by an independent third party.

³ BurnAlong is an independent company that has contracted with BCBSTX to provide digital fitness activities for members with coverage through BCBSTX.

⁴ Individuals must be at least 18 years old to purchase a membership. The Fitness Program is provided by Tivity Health™, an independent contractor that administers the Prime Network of fitness centers. The Prime Network is made up of independently owned and operated fitness centers.

⁵ For medical emergencies, call 911. This program is not a substitute for a doctor's care. Talk to your doctor about any health questions or concerns.