



TRS-ActiveCare®
TEACHER RETIREMENT SYSTEM OF TEXAS

**For ActiveCare 1-HD, 1, 2 and 3 PPO plan participants
Register for Blue Access for Members and view 18 months of
up-to-the-minute claim status and Explanation of Benefits statements**

Blue Access® for Members is a secure portion of the Blue Cross and Blue Shield of Texas Web site where you can access the health and benefit information you need 24 hours a day, seven days a week. Just log in from www.bcbstx.com/trs to:

- Check the status of a claim
- View Explanations of Benefits (EOBs)
- Receive e-mail notification when claims are filed
- Confirm covered dependents
- Order additional or replacement ID cards and print a temporary ID card
- Send an e-mail inquiry to Customer Service
- Take a Health Risk Assessment
- Access the Personal Health Manager and earn Blue PointsSM

Personal Health Manager

With the Personal Health Manager tool available through Blue Access for Members, you can:

- Create a personal health profile
- Receive targeted wellness information via e-mail to help manage specific medical conditions, including alerts for screening tests, and set up reminders for medical appointments and medication refills
- Get smoking cessation support
- Request fitness and weight loss advice with **Ask A Dietitian**
- Receive help on managing stress, workplace conflicts or other issues with **Ask A Life Coach**
- Ask registered nurses health-related questions online with the **Ask A Nurse** feature
- Receive exercise and fitness advice with the **Ask A Trainer** feature
- Access the **For Your Health** interactive program, which can help you strive toward a healthier lifestyle
 - **Get Fit** offers customized exercise programs
 - **Eat Right** has tools to create nutritious meal plans and follow a healthy eating plan to lose or maintain weight
 - **Live Well** provides life-skill tools to deal with stress and workplace relationships
 - **Kids and Teens** encourages parent-child interaction to develop healthy lifestyles
 - Plus, with the **Articles & Recipes** section you can find healthy recipes and health and wellness related articles

Blue Points

Earn Blue Points each time you: track a fitness workout; report a meal you have eaten; use an “Ask A” feature or take advantage of any part of the For Your Health section within the online Personal Health Manager in Blue Access for Members. Redeem Blue Points for reward items such as gift certificates from major retailers, popular electronics, fitness items and much more.

Important Notice from the Teacher Retirement System of Texas (TRS) About Dependent Eligibility for TRS-ActiveCare Coverage

TRS-ActiveCare is a self-funded governmental health coverage plan established under state law. As such, eligibility for coverage under TRS-ActiveCare by public school employees and their dependents is determined by the Texas Insurance Code and the Texas Administrative Code. Knowingly enrolling an ineligible person in TRS-ActiveCare constitutes health care fraud and may be punishable under appropriate statutes. If, after reviewing the requirements below, you need to correct your dependent coverage, you have an opportunity to do so *without* repercussion.

Eligible dependents for TRS-ActiveCare coverage include:

- Your spouse (including a common law spouse)
- An unmarried (including divorced) child under the age of 25, such as:
 - A natural or adopted child
 - A stepchild
 - A foster child
 - A child under the legal guardianship of the employee
 - Another child in a regular parent-child relationship with the employee, meaning:
 - The child's primary residence is the household of the employee;
 - The employee provides at least 50% of the child's support;
 - Neither of the child's natural parents resides in that household; and
 - The employee has the legal right to make decisions regarding the child's medical care
- An unmarried grandchild whose primary residence is the household of the employee and who is a dependent of the employee for federal income tax purposes
- An unmarried child of a covered employee, regardless of age, may be eligible for dependent coverage, provided that the child is either mentally retarded or physically incapacitated to such an extent to be dependent on the employee on a regular basis as determined by TRS, and meets other requirements as determined by TRS

Now through August 31, 2009: Amnesty Period

If, based on the criteria, you need to make changes to your dependent coverage, please contact your Benefits Administrator and submit an *Enrollment Application and Change Form* to drop the ineligible dependent's coverage. Any changes you make between now and August 31, 2009, which is considered to be an amnesty period, will be processed with no questions asked. This is your opportunity to correct any mistakes regarding coverage of your dependents without any adverse consequences to you.

After August 31: Ongoing Procedures

In the future, TRS-ActiveCare may audit dependent coverage records to validate their accuracy. If it is determined that claimed dependents do not meet the eligibility requirements, you may be subject to penalties, including expulsion under TRS Rules published in the Texas Administrative Code and recovery of paid claims.