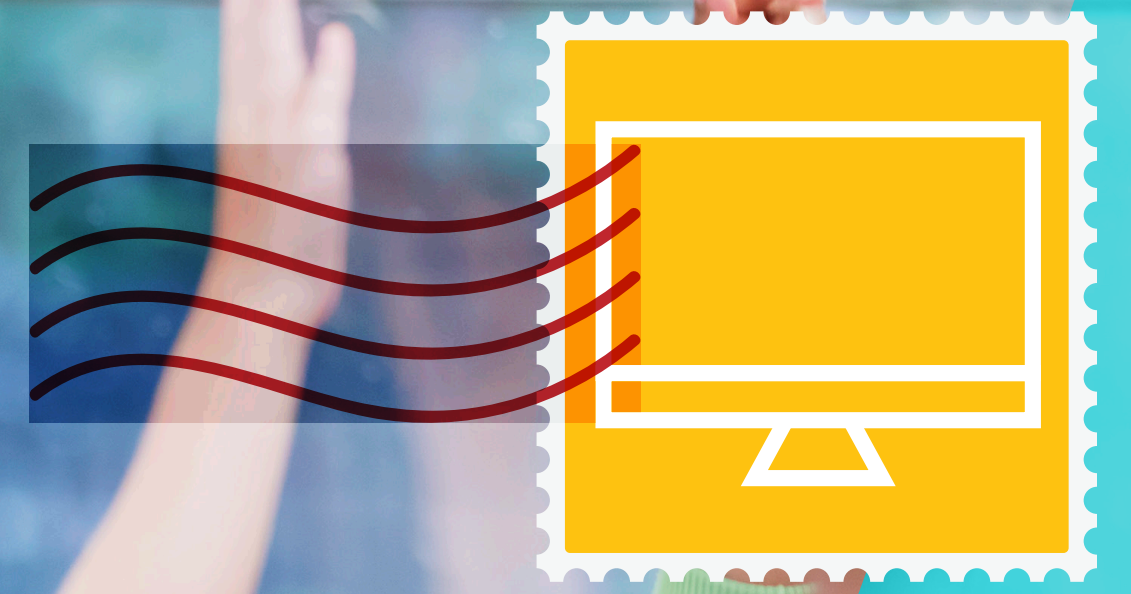


TRS-ActiveCare COST-SAVING AND WELLNESS TOOLS



Virtual Health

Getting care when and where you need it is more important than ever. That's why your coverage includes TRS Virtual Health for your entire household, including non-covered dependents.



Member Rewards

Save money with Member Rewards by choosing a cost-effective, trusted provider for services like MRIs, CT scans, colonoscopies and mammograms. Rewards may apply toward the cost of future services. Find out how Member Rewards works with your health plan.



Fitness Program

Join the Fitness Program for a low monthly fee. Go to any gym facility within the nationwide network. You also have access to the virtual fitness program from home. Plus, save on wellbeing services like acupuncture, massage and personal training.



Points Program

Earn points for regularly participating in different healthy activities. Redeem your points in an online shopping mall offering a variety of merchandise.



Well onTarget®

The Well onTarget website will help you reach your wellness goals and manage your health conditions.



Family Planning Apps

If you plan to add to your family, you have help getting ready. Receive step-by-step guidance through fertility, pregnancy and parenting.

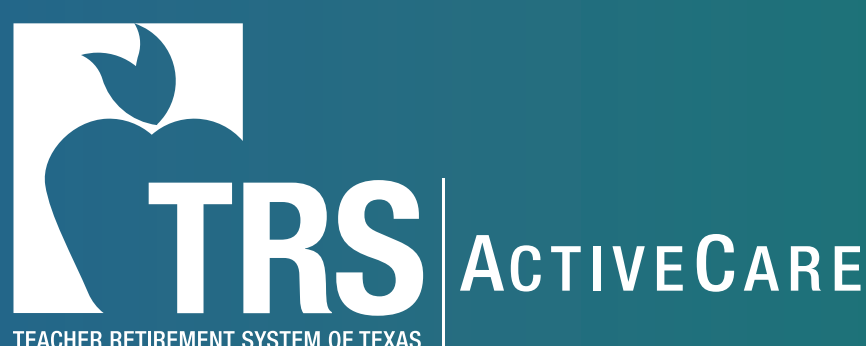


www.bcbstx.com/trsactivecare

More Resources

Contact a Personal Health Guide for questions regarding your benefits, 24 hours a day, seven days a week. Call **1-866-355-5999** or chat through the BCBSTX App.

Registered nurses with the 24/7 Nurseline can help if you have a question or concern that pops up in the middle of the night or over the weekend. Call anytime at **1-833-968-1770**.



BlueCross BlueShield of Texas

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