

## Your Local Health Care Contacts

Know where your nearest health care resources are when you need them!

### PRIMARY CARE PHYSICIAN (PCP)

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

### VIRTUAL HEALTH

As a TRS-ActiveCare participant, your coverage includes TRS Virtual Health choices powered by RediMD™ and Teladoc®. You and your family can get convenient, quality health care from the comfort of home, on your lunch break, or while traveling without having to go to a doctor's office.

#### RediMD for medical issues

Web address: [www.redimd.com/trsactivecare](http://www.redimd.com/trsactivecare)  
Phone number: 1-866-989-CURE (1-866-989-2873) option 3

#### Teladoc for medical and mental health issues

Web address: [www.teladoc.com/trsactivecare](http://www.teladoc.com/trsactivecare)  
Phone Number: 1-855-Teladoc (1-855-835-2362)

### RETAIL CLINIC

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

### URGENT CARE CENTER

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

### CLOSEST HOSPITAL/EMERGENCY ROOM

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

You can also save significant dollars by using:

- freestanding labs for routine and comprehensive blood panels
- independent surgical centers
- independent imaging centers for X-rays, CT scans, MRIs, etc.

Check with your PCP or look for more resources below for other ways to find the facility closest to you.

### FREESTANDING LAB

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

### SURGICAL CENTER

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

### IMAGING CENTER

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

#### Other ways to find the right in-network care for you:

1. Log into Blue Access for Members<sup>SM</sup> (BAM<sup>SM</sup>) at [www.bcbstx.com/trsactivecare](http://www.bcbstx.com/trsactivecare)
2. Click on **Find Care** (at the top of the page)
3. Then on **Find a Doctor or Hospital**
4. Then search by **Laboratory, Imaging, or Ambulatory Surgical Center**

Visit Provider Finder<sup>®</sup> at [www.bcbstx.com/trsactivecare/doctors-and-hospitals](http://www.bcbstx.com/trsactivecare/doctors-and-hospitals)