

GO HERE, NOT THERE

DURING SPRING BREAK

You may know what to do when you or a loved one gets ill or injured at home or school, but what about during Spring Break? Use this guide to help you figure out how to get medical, mental health or prescription help when you're traveling.

OH BOY, YOU CAUGHT A BIG ONE. A BIG 'OLE NASTY COLD, THAT IS.



Ears popping on the plane. Sniffles on the sand. Coughing fit in the car. It stinks being under the weather when you just want to enjoy your week off.

TRS VIRTUAL CARE

See a doctor quickly by phone or video call, 24/7, from anywhere.

Teladoc™ and RediMD™ treat:

- allergies
- blood pressure issues
- cold and flu
- headaches
- cough and sore throat
- and more



TEST SCORES ARE UP THIS SEMESTER. BUT SO IS YOUR ANXIETY.



Spring Break is a great time to start focusing on your mental health. And you don't even have to be at home to get some help.

TRS VIRTUAL CARE – AGAIN

Teladoc offers virtual mental health care for you and your covered dependents 13+.

Conditions treated include:

- depression and anxiety
- alcoholism, addiction and substance-related disorders
- attention disorders
- personality disorders



YOU FORGOT YOUR MEDS AT HOME. AND YOU'RE ON A BOAT.



Leaving medications behind while you're on the road, out of town or even in the middle of the ocean doesn't have to be a vacation killer.

TRS VIRTUAL CARE – YET AGAIN!

TRS virtual care providers can prescribe and refill many common, short-term maintenance medications. Connect with your regular provider for controlled substances or psychiatric medications.

Call a Personal Health Guide at 1-866-355-5999 for help finding a pharmacy.



WALKING TOUR OF WASHINGTON, DC = ANKLE THE SIZE OF THE PENTAGON.



TRS Virtual Health can help with sprains and strains, but if you're worried you broke a bone, you might want to head to an urgent care center.

URGENT CARE

Urgent care costs less than the emergency room and you can usually see a doctor quickly. Watch out for freestanding ERs. They're usually out of network and can cost you \$\$\$.

Freestanding ERs are built like urgent care centers with "EMERGENCY" in the name. They're usually open 24/7 and are separate from a hospital.



HOOK, LINE AND SINKER. RIGHT THROUGH YOUR LEFT HAND.



Sometimes, you just have to go to the emergency room. When you're away from home and out of network, you might be worried about the cost.

EMERGENCY ROOM

Your TRS-ActiveCare plan always covers true emergencies at the network level. Go to the ER for:

- chest pain
- heart attacks
- strokes
- difficulty breathing
- broken bones
- serious cuts and burns

