

TRS-ActiveCare **GO HERE, NOT THERE** DURING SUMMER BREAK

It's summertime! Do you know where to go for care when you're out of town or even the country? 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 fits on the cruise. It stinks being under the weather when you just want to enjoy your summer vacay.

TRS VIRTUAL CARE

See a doctor quickly by phone or video call from anywhere.

Teladoc™ and RediMD™ treat:

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



TEST SCORES WERE UP
THIS YEAR. BUT SO WAS
YOUR ANXIETY.



Summer 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 NEED MEDICATION.
AND YOU'RE IN THE
BAHAMAS.



What do you do when you need to fill a prescription on the road or away from home? You call Express Scripts® Pharmacy Benefits Services by EVERNORTH!

EXPRESS SCRIPTS

Your pharmacy benefits provider is available 24/7 by calling 1-844-367-6108. Need meds while traveling? A Teladoc or RediMD provider may be able to call in your prescription.

You can also call a Personal Health Guide at 1-866-355-5999 for help finding a pharmacy or for cost information.



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.

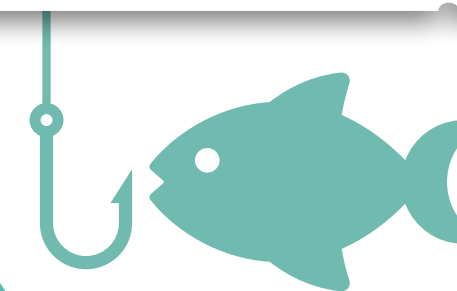
URGENT CARE

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

