

TAKE THE EASY ROUTE TO USING YOUR TRS-ACTIVECARE BENEFITS AND SAVE MONEY ALONG THE WAY!

USE PROVIDER FINDER TO CHOOSE A PRIMARY CARE PROVIDER

Some plans don't require a PCP, but it's always a good idea to have one. Your PCP helps keep your health in check and can refer you to a specialist when you need one.

EARN UP TO \$599 PER YEAR WITH MEMBER REWARDS

Get paid for choosing top-performing providers and facilities for things like PCP visits, x-rays, mammograms, CT scans and more.



1

REGISTER FOR BLUE ACCESS FOR MEMBERSSM

It's your road map to everything you need to know about your health plan. Download your digital ID card so you're never without it, find a provider, check on your claims and more.

2

3

GET CARE ANYWHERE

For times when you can't see your PCP, use **TRS Virtual Health** to get quality, affordable care anywhere, anytime – even on the road. Head to an urgent care center if you need in-person help.

4

TALK TO A PERSONAL HEALTH GUIDE

PHGs know everything about your benefits and can steer you in the right direction. They're ready and available to help you 24/7 at **1-866-355-5999**.

5

Start your engine! Scan to find out more.



YOUR PATH TO HEALTH AND WELLNESS STARTS HERE.
LET TRS-ACTIVECARE GUIDE THE WAY.



1

TAKE THE FIRST
STEP TOWARD
WELLNESS

Start off on the right foot with annual wellness visits, preventive care and immunizations for the whole family.

2

GET ON TRACK
WITH WELL ONTARGET®

Learn how to manage health conditions, eat better, lose weight and more – all in one online portal. You can even work with a wellness coach to reach your goals!.

3

PICK UP THE PACE
WITH THE FITNESS
PROGRAM

Explore gyms and fitness locations in a nationwide network of affordable, no-contract memberships.

4

STAY ON TRACK
WITH MENTAL
HEALTH CARE

Feeling lost or too challenged? You have digital, virtual and in-person mental health care options.

5

TREAT YOURSELF
ALONG THE WAY

Earn **Blue Points**™ when you make healthy choices and complete healthy activities. Use your points to get gift cards at your favorite places.

6

GET A DISCOUNT ON
GEAR, CLOTHES, SHOES
AND MORE

Sign up for **Blue365**® for free and start saving on health and wellness products.

Start on your path to health and wellness. Scan to find out more.



Blue Cross and Blue Shield of Texas makes no representation or warranty with respect to the accuracy or completeness of information on BAM. The information on BAM is based on information provided by you and claims received by BCBSTX. This information has not been independently verified. The relationship between these vendors and Blue Cross and Blue Shield of Texas is that of independent contractors.

Blue365 is a discount program only for BCBSTX members. This is NOT insurance. Some of the services offered through this program may be covered under your health plan. Employees should check their benefit booklet or call the Customer Service number on the back of their ID card for specific benefit facts. Use of Blue365 does not change monthly payments, nor do costs of the services or products count toward any maximums and/or plan deductibles. Discounts are only given through vendors that take part in this program. BCBSTX does not guarantee or make any claims or recommendations about the program's services or products. Members should consult their doctor before using these services and products. BCBSTX reserves the right to stop or change this program at any time without notice.

Well on Target® is a registered trademark of Health Care Service Corporation. The Well on Target program is offered to you as a part of your employer-sponsored benefits. Participation in the Well on Target program, including the completion of a Health Assessment, is voluntary and you are not required to participate. Visit Well on Target for complete details and terms and conditions.

Blue Points Program Rules are subject to change without prior notice. See the Program Rules on the Well on Target Member Wellness Portal at www.wellontarget.com for further information. The Well on Target member rewards redemption service is provided by an independent third party.

The Fitness Program is provided by Tivity Health™, an independent contractor that administers the Prime Network of fitness centers. The Prime Network is made up of independently owned and operated fitness centers. For medical emergencies, call 911. This program is not a substitute for a doctor's care. Talk to your doctor about any health questions or concerns.