A+ health coverage, just for you

TRS ActiveCare

BlueCross BlueShield of Texas

Plan Highlights | Doctors and Hospitals | Health and Wellbeing | Tools and Resources

New Plan Year

News and updates for participants

September 2025

Your TRS-ActiveCare Primary+ plan

Welcome to your 2025-26 TRS-ActiveCare Primary+ plan. Your plan year has begun, and we want to make sure you know about your benefits and how to use them. Be sure to save this email so it's handy when you need to **find important coverage information!**

Read More

Where To Go For Care

You're fighting allergies. Or fire ants. Or Bunsen burners. No matter what's ailing you, knowing where to go for care is critical. Going to the wrong place could delay your care, cost you more (A LOT more!) or both.

These can help. Print your favorite for your corkboard at school, or the fridge at home.

Texas Version

Teacher Version

Still need help? Call a Personal Health Guide at 1-866-355-5999 or chat in the **BCBSTX App** 24/7.

"How to" videos help you use your coverage

It's time to use your coverage. *But how?!* If you want to know how to do things like get your ID card or figure out where to go for care, get quick, easy answers in these short "how to" videos. They're bite-sized but packed with great info, so you'll be in the know in no time!

Get the videos

NEW!!! Airrosti Remote Recovery

You can get physical therapy services to fix muscle and joint pain fast – at no added cost. Airrosti focuses on chronic pain relief through a variety of at-home exercises and physical therapy.

Sign up for free

Get Well with TRS-ActiveCare

Your TRS-ActiveCare plan offers you so much more than coverage for doctors' visits. It includes a variety of programs to help you take a well-rounded approach to your health and wellness. From diet and exercise to mental health and family planning, you have resources available to you at **little to no extra cost**.

The Fitness Program

Get affordable, no-contract memberships at gyms nationwide. Choose what works best for you based on location, budget or personal preference. **For a limited time, join with a $0 enrollment fee![1]**

Join today

Well onTarget® Wellness Coaching:

What if you had access to a personal coach who could help you set and meet your health and wellness goals? You can work with a nutritionist, a fitness expert or another type of credentialed health expert *for free*.

Sign Up

Reduce your stress

Is stress bubbling up inside you, making you feel sad, angry or anxious? It can also be the cause of your headache, muscle tension, upset stomach and trouble sleeping. Don't wait another day for help.

Get Care

Care for the Whole Family

Your plan provides support for your whole family's health in every stage of life, covered at 100%.

Learn More

TRS Virtual Health

Your coverage includes TRS Virtual Health powered by Teladoc® and RediMD™, 24/7. Get convenient, quality health care from home or on the go, without going to a doctor's office.

Learn More

Finding a Provider

Did you know that having a relationship with a Primary Care Provider can lead to a longer, healthier life? Get to know your PCP and schedule your annual wellness exam. It could prevent both minor and serious illnesses.

Find a PCP

Member Rewards

What could you do with an extra $599? That's how much you could earn per year when you use Member Rewards for certain procedures or Top-Performing Physicians.

Start Earning

Prescription Drug Benefits

Your plan includes prescription drug benefits administered by Express Scripts by Evernorth. **You have options for filling prescriptions and saving on your medications.**

Learn More

We're Here for You 24/7

Have a question? Call or chat with a plan specialist, anytime. PHGs are your plan experts. They make your health plan easy to understand and help you get the most from your benefits.

Learn More

Go Paperless

Do we have your mobile number and email address? Have you signed up for Blue Access for Members℠ or downloaded the BCBSTX App? If not, you could miss out on crucial information about your health plan.

Go Paperless

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www.bcbstx.com/trsactivecare

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By clicking this link, you will go to a new website/app ("site"). This new site may be offered by a vendor or an independent third party. The site may also contain non-Medicare related information. In addition, some sites may require you to agree to their terms of use and privacy policy.

[1]Fitness Program enrollment fee is $19.00 plus applicable sales tax

Airrosti is a separate company that has contracted with Blue Cross and Blue Shield of Texas to provide back and joint pain resolution services for members with coverage through BCBSTX.

The Fitness Program is provided by Tivity Health, an independent contractor which administers the Prime Network of fitness centers. The Prime Network is made up of independently-owned and managed fitness centers.

The Well onTarget program is offered to you as a part of your employer-sponsored benefits. Participation in the Well onTarget program, including the completion of a Health Assessment, is voluntary and you are not required to participate.

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