



BlueCross BlueShield of Texas



EXPRESS SCRIPTS®



TRS-ActiveCare

TEXAS-SIZED BENEFITS. PEOPLE-FOCUSED CARE.



From A to Z:
Your TRS-ActiveCare Plan

Teacher Retirement System of Texas
June 2023



TRS

ACTIVECARE

TEACHER RETIREMENT SYSTEM OF TEXAS

Know the Terms

Copay

- The set amount you pay for a covered service when you get it.

Deductible

- The amount you pay for covered health care services before your insurance plan starts to pay.

Coinsurance

- The portion you pay for services after you meet your deductible.

Maximum Out of Pocket (MOOP)

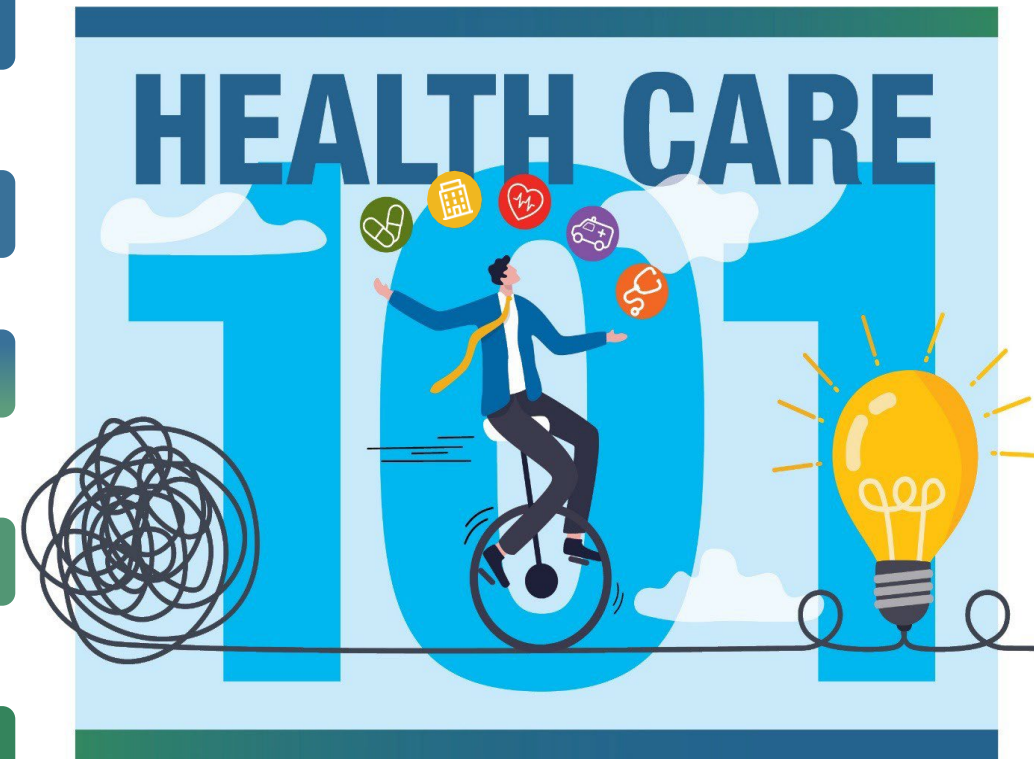
- The maximum amount you pay each year for medical costs. After reaching your MOOP, the plan pays 100% of the costs for covered services.

Prior Authorization

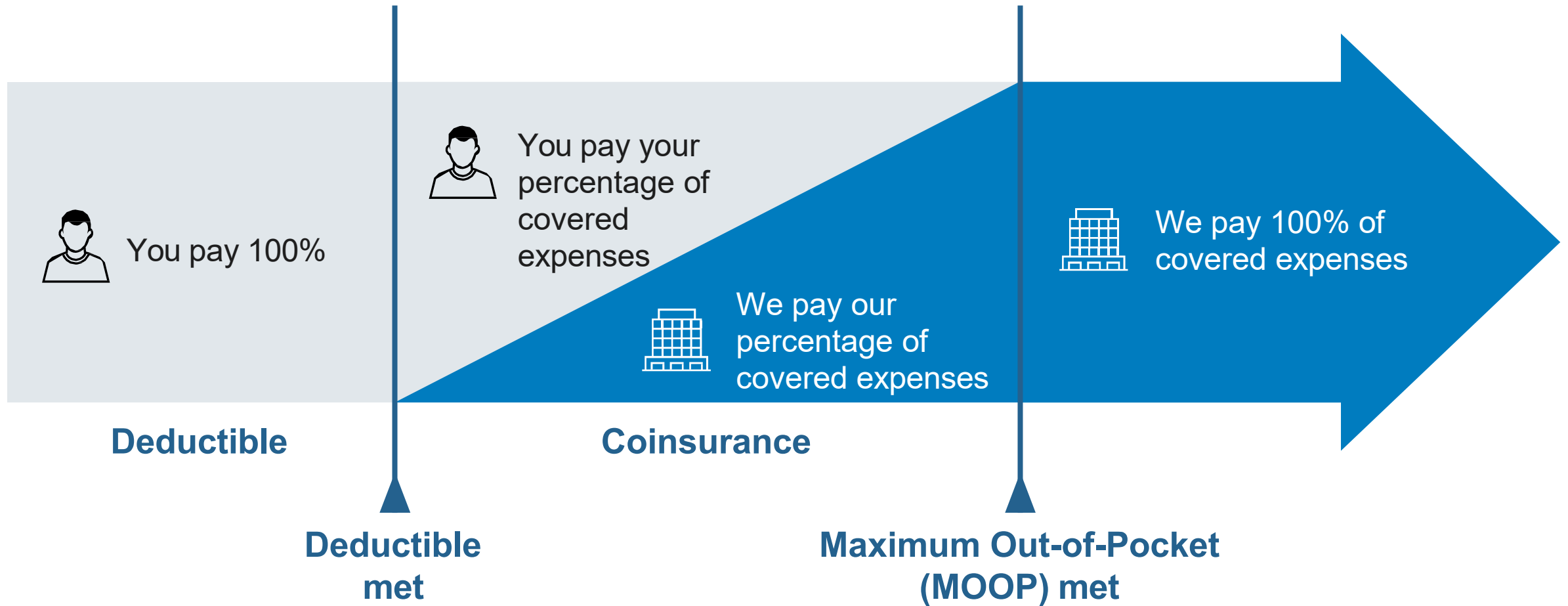
- The process by which you or your provider notify the health plan in advance about treatments, like a hospital admission or complex diagnostic test.

Referrals

- Written authorization from your PCP to get care from a different in-network provider, specialist or facility.



How Your Deductible Works



Plan Highlights



For your full plan highlights and to see your ESC rates, scan the QR code.



| High-Level Benefits | TRS-ActiveCare Primary TRS-ActiveCare Primary+ | TRS-ActiveCare HD |
|--|---|-------------------|
| In-Network Coverage | ✓ | ✓ |
| Out-of-Network Coverage | | ✓ |
| Requires Primary Care Provider (PCP) | ✓ | |
| Requires referral to see Specialists OB/GYNs and mental health providers don't require referrals. | ✓ | |
| Statewide Network Flexibility for dependents living out of state | ✓ | ✓ |
| Nationwide Network | | ✓ |

Plan Comparison



| | TRS-ActiveCare Primary | TRS-ActiveCare Primary+ | TRS ActiveCare- HD |
|--|---|---|---|
| Benefits | | | |
| Type of Coverage | In-Network Coverage Only | In-Network Coverage Only | In-Network & Out-of-Network Coverage |
| In-Network Individual/Family Deductible | \$2,500 / \$5,000 | \$1,200 / \$2,400 ↓ | \$3,000 / \$6,000 |
| In-Network Individual/Family Maximum Out of Pocket | \$7,500 ↓ / \$15,000 ↓ | \$6,900 / \$13,800 | \$7,500 ↑ / \$15,000 ↑ |
| Office Visit | \$30 PCP copay \$70 specialist copay | \$15 PCP copay ↓ \$70 specialist copay | 30% after deductible |
| Urgent Care | \$50 copay | \$50 copay | 30% after deductible |
| TRS Virtual Health (Medical) | \$12 copay Teladoc \$0 copay RediMD | \$12 copay Teladoc \$0 copay RediMD | \$42 consult fee Teladoc \$30 consult fee RediMD |
| TRS Virtual Health (Mental Health) | \$0 ↓ copay Teladoc | \$0 ↓ copay Teladoc | 30% after deductible |
| Preventive Care | Covered at 100% | Covered at 100% | Covered at 100% |
| Emergency Room | 30% after deductible | 20% after deductible | 30% after deductible |
| Free-Standing Emergency Room | \$500 Copay + 30% after deductible | \$500 Copay + 20% after deductible | \$500 Copay + 30% after deductible |

What Plan is Best For You?

Derek

- family history of high blood pressure
- frequently checks-in with a cardiologist about his heart health
- wants predictable copays

He chose one of the TRS-ActiveCare Primary plans.



Cindy

- goes for her annual check-up, but rarely sees a doctor
- lives in a border town close to Louisiana
- wants to be covered in Texas and Louisiana
- wants to invest in an HSA

She chose TRS-ActiveCare HD's nationwide network.

Primary/Primary+ might be right for you if you have or are at risk for chronic conditions, and want a doctor actively involved in coordinating your care.

HD might be right for you if you want to invest in a Health Savings Account (HSA), may need to seek care outside of Texas, and don't have regular doctor visits.

Choose a PCP for Better Health

Did you know a PCP can manage your health care and save you money?



They know you and your lifestyle best.



They'll handle your preventive care, which is covered at 100%.



They understand your medical history, medications and treatment preferences.



They'll refer you to a specialist, when needed.



They provide care centered around YOU.



They may help you have fewer sick days by keeping you healthier.

If you're a new participant

on the TRS-ActiveCare Primary or TRS-ActiveCare Primary+ plan, you must choose a PCP during annual enrollment. If you don't, we'll choose one for you. You can change your PCP anytime.

Don't have a PCP or want to find a new one? Use **Provider Finder®** to search for providers by location, specialty, and more. You can also call a Personal Health Guide at 1-866-355-5999 for help.



BlueCross BlueShield of Texas

2023-24
TRS-ActiveCare

HEALTH BENEFITS



What's Included in Your Plan



You Have 24/7 Customer Service



**Personal Health Guides (PHGs) are your plan experts.
They can help you:**

- find in-network providers
- make a doctor's appointment
- figure out costs for a procedure or medication
- save money with cost comparisons
- make sense of billing and claims
- understand plan features
- get mental health care
- connect you with our 24-hour nurse line

**Call a PHG at: 1-866-355-5999 or
chat through the BCBSTX App**

Available 24/7

Mental Health Care is Health Care



Your mental health is just as important as your physical health. You have mental health coverage, and several options for getting care.



Virtually

Use Teladoc to speak with a licensed mental health provider online or over the phone.

TRS-ActiveCare Primary – \$0
TRS-ActiveCare Primary + – \$0
TRS-ActiveCare HD – 30% after deductible



Digitally

Learn to Live is a digital mental health program available at no cost to you. Its programs can help you with stress, anxiety, depression, substance abuse and more.



In person

See a therapist, psychiatrist or other mental health professional. Use **Headway** to search for an in-network licensed therapist or psychiatrist and schedule an appointment.

TRS-ActiveCare Primary – \$30 copay
TRS-ActiveCare Primary + – \$15 copay
TRS-ActiveCare HD – 30% after deductible

Learn to Live, Inc. is an independent company that provides online behavioral health programs and tools for members with coverage through Blue Cross and Blue Shield of Texas. BCBSTX makes no endorsement, representations or warranties regarding third-party vendors and the products and services offered by them.

TRS Virtual Health



Convenient, Quality Health Care from Home or On The Go



Teladoc®
1-855-Teladoc
(1-855-835-2362)



*Mental Health visits subject to additional cost

New! \$0 mental
health copay for TRS
Primary and Primary+ plans

RediMD™
1-866-989-CURE
(1-866-989-2873)

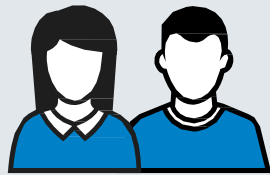


Registration Code: trsactivecare

Preventive Care at No Cost

What's Covered?

- **In-network care is covered at 100% with no copay or deductible.** Out-of-network benefits vary by plan.
- **Preventive care and screenings include:**



- well-woman exam
- Mammogram (age 35+)
- Colonoscopy (age 45+)
- annual wellness exam
- prostate exams (age 45+)
- mental health screenings



- well-baby/child exam
- routine immunizations

Important to remember:

Lab tests related to managing a condition like diabetes or asthma **aren't** preventive care and are covered under applicable deductible and coinsurance levels.

Wellness Benefits



Well onTarget

can help you manage your health and reach your wellness goals in one place. Take advantage of self-guided courses or get one-on-one support from a wellness coach with programs like:

- Stress management
- Nutrition
- Cholesterol improvement
- Weight loss & maintenance
- Blood pressure improvement
- And others!



The Fitness Program

offers affordable, no-contract memberships at gyms nationwide. There's also a virtual only option.

| Options | Digital Only | Base | Core | Power | Elite |
|---|---------------------|-------|-------|--------|--------|
| Monthly Fee | \$10 | \$19 | \$29 | \$39 | \$99 |
| Number of Gym Facilities | Digital Access Only | 3,000 | 7,500 | 12,000 | 12,400 |
| \$19 Initiation Fee (no initiation fee for Digital Only option) | | | | | |

Be Rewarded for Wellness with Blue PointsSM



Blue PointsSM lets you earn rewards for regularly participating in healthy activities. Redeem your points in the online shopping mall when you're ready to treat yourself.

Earn points with Well onTarget by:



completing a health assessment

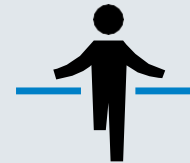


taking a self-guided course on managing stress

Earn points with The Fitness Programs by:



connecting and syncing a fitness device or app



taking a barre class at a participating studio



taking a digital fitness class

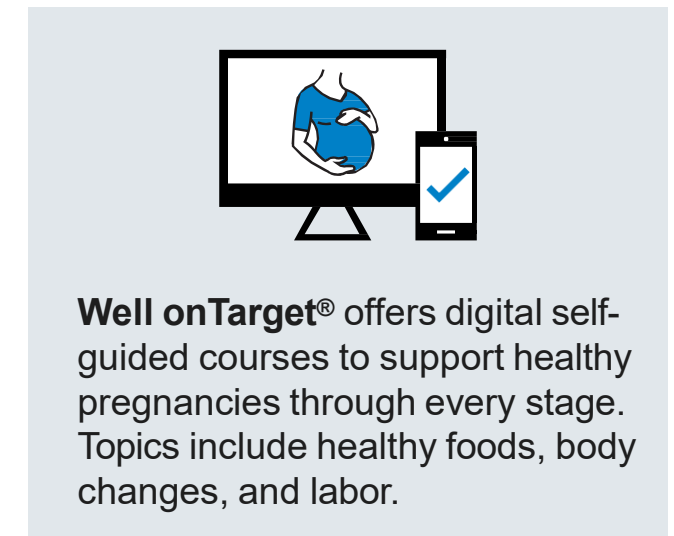
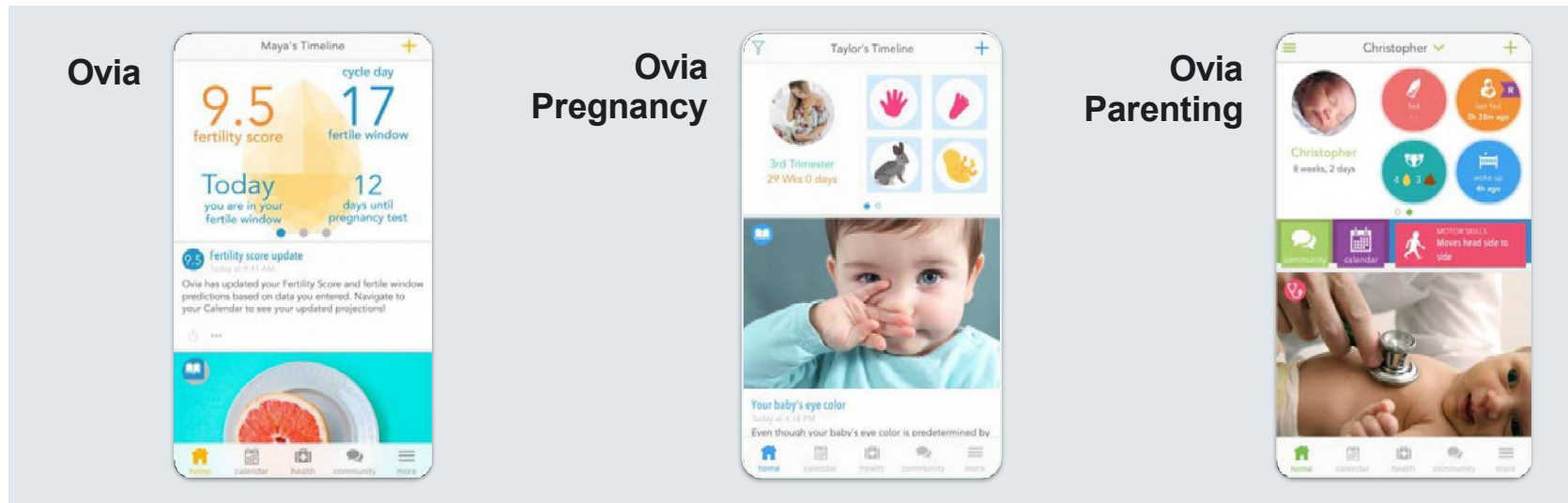
Women's and Family Health

Providing support for women's health, pregnancy, parenting and menopause.



Ovia Health™ apps offer health trackers, videos, tips, coaching and more!

Interactive programs



Exceptional maternity coverage includes:

- electric breast pumps covered at 100% (two per year)
- hospital-grade breast pump rental covered up to a maximum of \$150 (one per year)
- lactation specialist visits covered at 100% (six visits per year)
- No-cost high-risk pregnancy support

Ovia Health is an independent company that has contracted with Blue Cross and Blue Shield of Texas to provide maternity and family benefits solutions for members with coverage through BCBSTX. BCBSTX makes no endorsement, representations or warranties regarding third-party vendors and the products and services offered by them.

Well onTarget® is a registered trademark of Health Care Service Corporation.

Save money on health and wellness products and services from top retailers that aren't covered by insurance like:



apparel and
footwear from
top brands



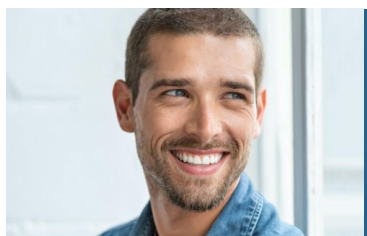
hearing
aids and batteries



fitness equipment,
devices and
memberships



baby monitors,
bottles, diapers
and wipes



LASIK eye
surgery



meal delivery
subscriptions

Scan the QR
Code below to
learn more:





BlueCross BlueShield of Texas

2023-24
TRS-ActiveCare


HEALTH BENEFITS



How you Can Save Money



Go Here, Not There

| RECESS WITH RAGWEED | RUNNING TRACK ROAD RASH | IGNORED "WET FLOOR" SIGN | TWO WORDS: BUNSEN BURNER. | ONE WORD: DON'T |
|---|---|---|---|--|
|  |  |  |  |  |
| VIRTUAL HEALTH | PRIMARY CARE PROVIDER (PCP) | URGENT CARE CLINIC | EMERGENCY ROOM (ER) | FREESTANDING ER |
| Go here for: Allergies, asthma Colds, fevers Rashes | Go here for: Routine screenings Flu, COVID-19 Minor illnesses, injuries | Go here for: Stitches Sprains, minor breaks Severe flu symptoms | Go here for: Chest pain, heart attacks Strokes Broken bones | Rarely in network = \$\$\$\$\$\$\$ May not be set up for true emergencies = delayed care Delayed care = \$\$\$\$\$\$\$\$\$ ☠️ |
| \$ | \$ | \$\$\$ | \$\$\$\$ | |

Still stumped? Call **1-866-355-5999** or scan



Earn Up to \$599 with Member Rewards



| | TRS-ActiveCare Primary TRS-ActiveCare Primary+ | TRS-ActiveCare HD |
|---|---|----------------------|
| Automatically use rewards toward costs of future medical or pharmacy expenses | ✓ | |
| Self-submit dental and vision expenses to use rewards | ✓ | ✓ |
| Unused rewards will roll over to the next plan year | ✓ | ✓ |

AVERAGE
REWARD

\$168
Colonoscopy

\$114
CT Scan

\$105
MRI



Call a Personal Health Guide at:
1-866-355-5999



2023-24
TRS-ActiveCare

HEALTH BENEFITS

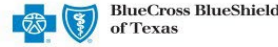


Tools and Resources for You



Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

Resources at Your Fingertips



The screenshot shows the TRS ActiveCare website. At the top, there's a navigation bar with links: Enrollment Toolkit, Coverage and Benefits, Doctors and Hospitals, Health and Wellbeing, Tools and Resources, Contact Us, and a highlighted 'Log In' button. Below the navigation bar, the 'Personal Health Guides' section is visible, followed by a 'COVID-19 Vaccine Coverage' section. On the right, a 'blueaccess for Members' login form is shown with fields for 'User Name' (containing 'ABCTEST') and 'Password', and a 'Log In' button. Below the login form are links for 'New user? Register now.' and 'Forgot user name or password?'. At the bottom, there are three sections: 'Member Rewards', 'Doctors and Hospitals', and 'Fitness Program', each with a 'Discover More', 'Search Now', or 'Sign Up' button respectively.

www.bcbstx.com/trsactivecare



Website for TRS-ActiveCare Participants

Blue Access for Members

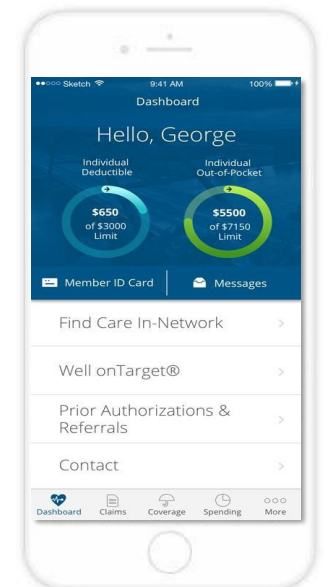
- select or change your PCP
- view claims and Explanation of Benefits (EOB)
- compare costs of doctors and services

BCBSTX Mobile App

- text* BCBSTXAPP to 33633
- download a temporary ID card
- live chat 24/7

Tools and Resources

- Provider Finder
- plan information
- forms and documents
- information about health and wellness resources



Provider Finder[®]



Search Bar

Browse by Category

Q

brim

X

About Family Practice

Specialty.

All Specialties

All Tiers

Names

Matthew Brimberry
Family Practice

Bradley Brimhall
Pathology

Specialties Associated With

Acquired Brain Injury

VIEW ONLY:

☐ Accepting New Patients

WITHIN: 50 miles

ⓘ

Your benefits plan may cover Blue Distinction Plus and Blue Distinction Centers at a higher level of benefits, which will be le

Detailed Provider Profile Page

<

Matthew Brimberry, MD

Male

SPECIALTY: Family Practice

Provider Highlights

Specialties & Expertise

Ratings & Reviews

Credentials

Affiliations

Awards & Recognitions

Locations & Hours

More About This Provider

IMPORTANT NOTE

Please note: You will need to provide the primary care physician's ten-digit PCP number when you enro

To suggest updates to this directory, such as if a doctor is seeing new patients or part of a certain netwo

Use the search bar at the top of the page to see more results. For help, call a Personal Health Guide to

Provider Highlights

Matthew Brimberry, MD

PCP ID: H08KK14901

LOCATION

1108 Lavaca St Ste 110-320, Austin, TX 78701

Get directions (est. 2.6 miles away)

CONTACT INFORMATION

Phone: 512-477-4088

Accepting New Patients

★★★★☆

4.2 out of 5.0 5 ratings.

Completed Education in 2009

2 Affiliations

Speaks Spanish

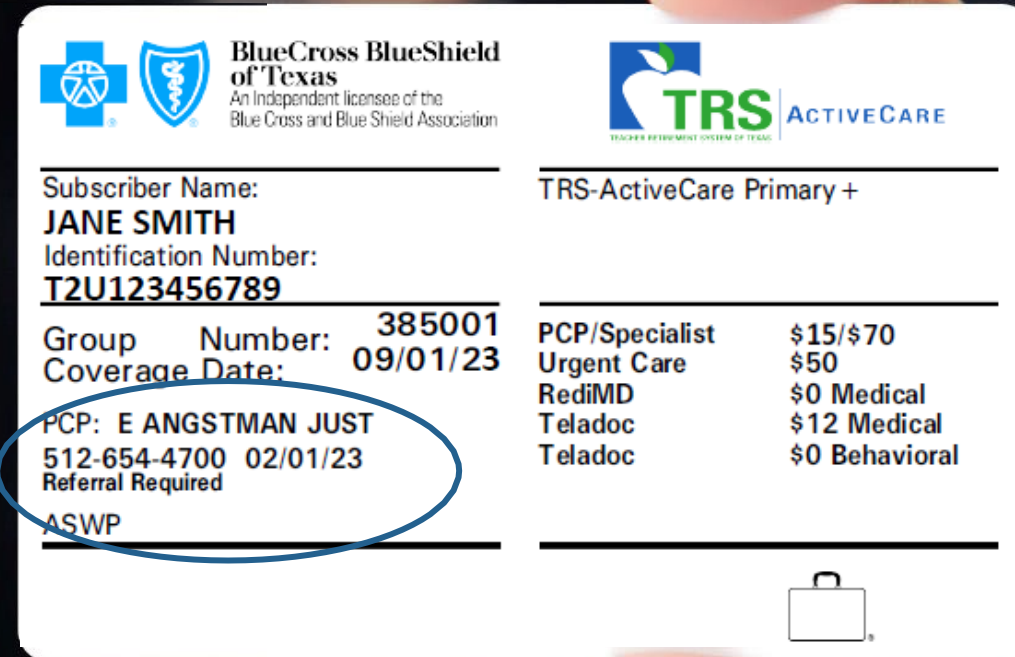
BCBSTX ID Cards



You will get your ID card in the mail a few weeks after you enroll.

Each family member enrolled in the TRS-ActiveCare Primary or TRS-ActiveCare Primary+ plan will get their own ID card with their PCP's name printed on it.

You can call a PHG or log in to Blue Access for MembersSM if you need to replace a card or order extras.



www.bcbstx.com/trsactivecare



EXPRESS SCRIPTS®

2023-24
TRS-ActiveCare

HEALTH BENEFITS



NEW Pharmacy Benefit Manager
EXPRESS SCRIPTS



Introducing you to your new pharmacy provider



CONTINUITY OF CARE IS IMPORTANT FOR YOU AND FOR US

With very few exceptions, you will observe **little change between your experience with CVS Caremark and Express Scripts.** A very small percentage of you, however, may receive a letter alerting you to:

- *A formulary exclusion*
- *An exclusion for a type of GLP-1 medication (these medications are used to treat Type 2 Diabetes)*
- *A change to in-network pharmacies*

In every instance, Express Scripts will be working closely with you to find alternatives you are comfortable with.





Manage Your Prescriptions

- Available online 24/7
- Check order status with tracking
- Refill a prescription
- Enroll in automatic refills
- Find ways to save money
- Transfer a prescription from a retail pharmacy to home delivery
- View claims, balances and prescription history
- Receive online alerts if there's a prescription-related safety issue

<https://esrx.com/trsactivecare>



EXPRESS SCRIPTS™ Items in Cart ▾

[Prescriptions](#) [Benefits](#) [My Account](#) [Help](#) [Accessible View](#) [Español](#)

Recent Order Status

[Go to full order status](#)

| | | | |
|---|------------------------------|----------------------|---|
| Synthroid 50 mcg tablet 50 mcg, brand View details | Rx #: 123456789003 | Chris (09/09/1945) | We need your approval |
| Toprol XL 200 mg tablet 200 mg, brand View details | Rx #: 123456789003 | Chris (09/09/1945) | Address Verification Required |
| Harvoni 90-400 mg tablet 90 mg - 400 mg, brand View details | Accredo Rx #: 297-4444364-00 | Vanessa (07/28/1969) | Shipped on XX/XX/XXXX Tracking # 93748201164600649231480 |
| Lisinopril 20 mg tablet 20 mg, generic | Rx #: 123456789010 | Vanessa (07/28/1969) | Shipped on XX/XX/XXXX Tracking # 93748201164600649231480 |

Automatic Refills

[Manage automatic refills](#)

3 Imagine the convenience of no longer ordering refills for 3 prescriptions. Just enroll eligible prescriptions in our automatic refill program, and we'll take care of the rest. [Start now](#) [Don't show again](#)

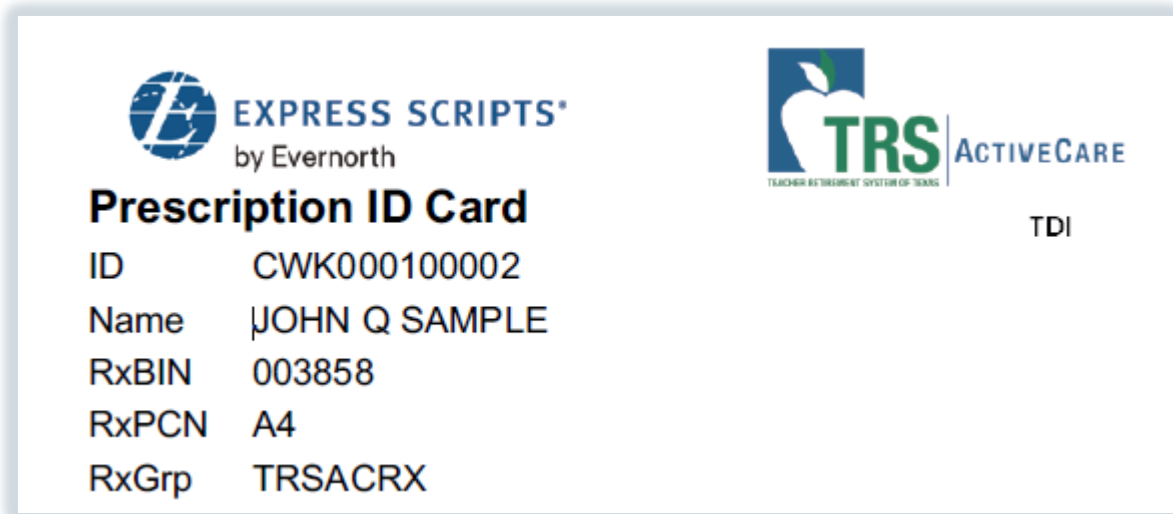
| | | | |
|--|--------------------|----------------------|-------------------------------|
| Atorvastatin 20 mg tablet 20 mg, generic View details | Rx #: 123456789010 | Chris (09/09/1945) | Will process after XX/XX/XXXX |
| Avodart 0.5 mg softgel capsule 0.5 mg, brand View details | Rx #: 123456789011 | Chris (09/09/1945) | Will process after XX/XX/XXXX |
| Lisinopril 20 mg tablet 20 mg, generic View details | Rx #: 123456789012 | Vanessa (07/28/1969) | Will process after XX/XX/XXXX |
| Zytiga 250 mg tablet | Rx #: 123456789013 | Vanessa (07/28/1969) | Will process after XX/XX/XXXX |

Prescriptions You Can Order Today

[Find a prescription not listed below](#) [View Rx Archive](#)

| | | | |
|---|--|---|--------------------------------------|
| Chris (09/09/1945) | | | |
| Omeprazole dr 10 mg capsule 10 mg, generic View details | Rx #: 123456788001 90-day supply 2 refills remaining | Refill past due You may be running low on this medication | <input type="checkbox"/> Add to cart |

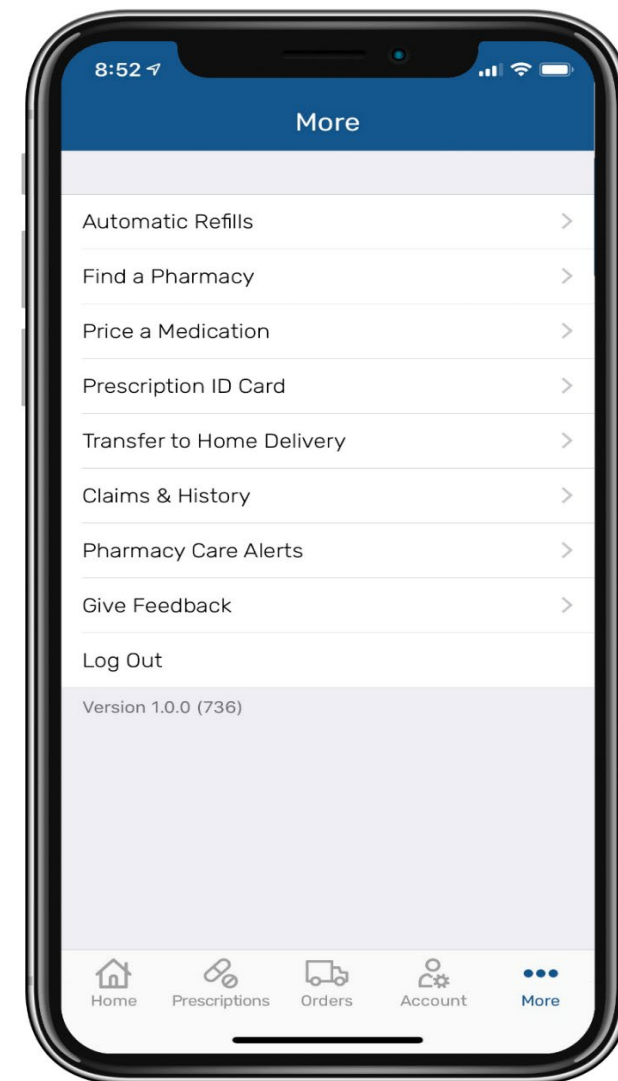
Member ID Card (digital)



The Express Scripts® Mobile App

Additional helpful tools:

- Find a pharmacy
- Price a medication
- Reminder Notifications
- Activate account on The Express Scripts Mobile App or <https://esrx.com/trsactivecare>



Accredo, a specialty pharmacy

- Accredo provides specialized patient care for patients with chronic conditions. Benefits include:
 - Individualized counseling and education
 - Proactive monitoring of your medicines
 - Coordination with your doctors
- Accredo offers ongoing support from pharmacists and nurses with specialized training and expertise
- Patients who use Accredo receive better patient care and have healthier outcomes
- SaveonSP program will provide copay assistance for certain specialties medications dispensed through Accredo.
- Accredo member service: **800-596-7701**



accredo®

... is an Express Scripts specialty pharmacy that provides personalized care to individuals with chronic and complex health conditions

SaveOn SP Copay Assistance Program

- SaveOn SP is comparable to Prudent Rx.
- Prudent Rx participants will transition to SaveOn SP
- Most medications that were under your Prudent RX will be under the SaveOn Program.
- Participants will receive communication from Express Scripts before and after annual enrollment ends.



We Are Here to Help



24/7 Customer Service: **844-367-6108**

Including the ability to speak with a pharmacist

Accredo Specialty Pharmacy: **800-596-7701**



Express Scripts Mobile App



Dedicated TRS-ActiveCare Express Scripts Website

www.esrx.com/trsactivecare



90-day Mail Order

Register online or through the Express Scripts Mobile App with the participant ID number on your ID card.



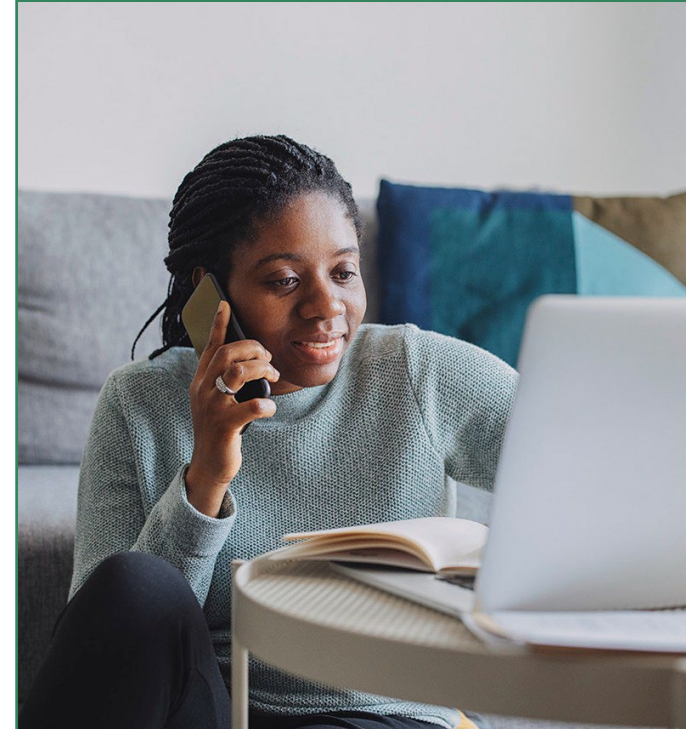
Stay Informed



Scan the QR Code
below to begin your
registration:



For more information about upcoming
benefits and enrolling, visit the
enrollment toolkit!



Scan the QR
Code below:

