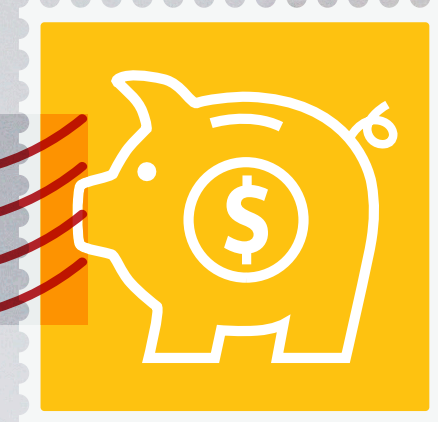


TRS-ActiveCare COST-SAVING AND WELLNESS TOOLS



TRS Virtual Health

Getting care when and where you need it is more important than ever. That's why your coverage includes TRS Virtual Health for your entire household, including non-covered dependents.



Member Rewards

Save money with Member Rewards by choosing a cost-effective, trusted provider for services like MRIs, CT scans, colonoscopies and mammograms. Rewards may apply toward the cost of future services. Find out how Member Rewards works with your health plan.



Fitness Program

Join the Fitness Program for a low monthly fee. Go to any gym facility in the nationwide network. You also have access to the virtual fitness program from home. Plus, save on wellbeing services like acupuncture, massage and personal training.



Points Program

Earn points for regularly participating in healthy activities. Redeem your points in an online shopping mall offering a variety of merchandise.



Well onTarget®

The Well onTarget website will help you reach your wellness goals and manage your health conditions.



Ovia Health™ Apps

If you plan to add to your family, you have help getting ready. Get support from fertility through pregnancy, parenting, and menopause.



Digital mental health programs from **Learn to Live** can help you feel better and enjoy life more. **Learn to Live** programs are based on cognitive behavioral therapy techniques with a track record of helping people feel better. It's confidential, accessible anywhere, and available at no added cost to you. Access the programs whenever it fits your schedule, and connect with a coach by phone, text or email.



www.bcbstx.com/trsactivecare

More Resources



Blue Access for MembersSM (BAMSM)

Log in to BAM today to access all these great resources.

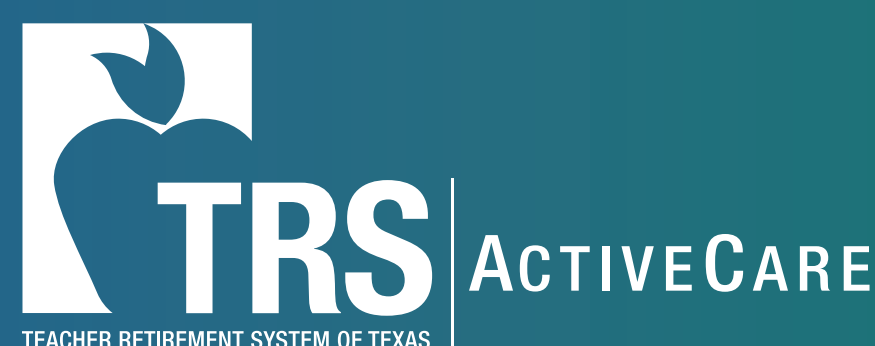


Registered nurses with the **24/7 Nurseline** can help if you have a question or concern in the middle of the night or over the weekend. Call anytime at **1-833-968-1770**.

Contact a Personal Health Guide for questions regarding your benefits, 24 hours a day, seven days a week. Call **1-866-355-5999** or chat through the BCBSTX App.



Well onTarget® is a registered trademark of Health Care Service Corporation.
Learn to Live provides educational behavioral health programs; members considering further medical treatment should consult with a physician.
Ovia Health is an independent company that provides maternity and family benefits solutions for Blue Cross and Blue Shield of Texas.
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.



BlueCross BlueShield of Texas

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