

TRS-ActiveCare TOOLS FOR A HEALTHIER YOU



Use your TRS-ActiveCare wellness tools for better health.

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, powered by Teladoc™ and RediMD™. Get convenient, quality medical and mental health care from home or on the go.* Your non-covered family members can even get medical care through TRS Virtual Health at an affordable fixed rate.**



TRS-ActiveCare Primary, TRS-ActiveCare Primary+ and TRS-ActiveCare 2:

- \$0 medical visits with RediMD
- \$12 medical visits with Teladoc
- \$0 mental health visits with Teladoc

TRS-ActiveCare HD:

- \$30 medical visits with RediMD
- \$42 medical visits with Teladoc
- 30% coinsurance after deductible for mental health visits with Teladoc

Depending on whether a consultation is with a psychiatrist, psychologist, or social worker, other costs may be incurred.

To use Teladoc, go to www.teladoc.com/trsactivecare or call **1-855-835-2362**.

To use RediMD, go to www.redimd.com/trsactivecare or call **1-855-942-4900**.

Health Advisors

After a serious health issue, you may need extra support. Health Advisors from Blue Cross and Blue Shield of Texas (BCBSTX) are available to help you and your covered dependents at no cost.***

Your Health Advisor can help you manage chronic conditions or health issues and even schedule appointments. Call **1-866-355-5999**, Monday - Friday, 7 a.m. - 6 p.m. for help.



Member Rewards

Save money with Member Rewards when you choose a cost-effective, trusted provider for services like MRIs, CT scans, colonoscopies and mammograms. Rewards may apply toward the cost of future services. Use Provider Finder® to find a rewards-eligible location for a service or procedure.

Go to www.bcbstx.com/trsactivecare and log in to [Blue Access for Members](#)SM.



*RediMD only provides medical health services and doesn't provide behavioral health services. For behavioral health services, use Teladoc.

** Immediate family members who don't have a TRS-ActiveCare health plan can use TRS Virtual Health at a fixed rate. RediMD = \$35/visit; Teladoc = \$55/visit

*** Health Advisors do not replace the care of a doctor. You should talk to your doctor about any medical questions or concerns.



BlueCross BlueShield of Texas

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

ovia Health™

Ovia Health provides support with fertility, pregnancy, parenting, and menopause. All Ovia apps include support from a registered nurse. If you have a high-risk pregnancy, you have support from a maternity specialist.

- **Ovia** features a fertility tracker, ovulation calculator, cycle calendar and menopause support when the time comes.
- **Ovia Pregnancy** supports a happy and healthy pregnancy. Look up food and medication safety, connect with a registered nurse, watch the baby grow, and plan a return to work.
- **Ovia Parenting** supports you with health tracking, coaching and education from your child's early years through their high school years.

Download the Ovia Health apps from the Apple App Store and Google Play Store. During sign-up, select **I have Ovia Health as a benefit**. When asked to enter your employer's name, you can skip that step. Then select **BCBSTX** as your health plan.

Live Well with Well onTarget®

The Well onTarget website and companion AlwaysOn® mobile app help you reach your wellness goals and manage your health conditions – all in one place.

With Well onTarget you can:

- Complete an online Health Assessment, learn about Blue PointsSM, and get recommendations to help you stay healthy.
- Get one-on-one coaching support by phone or secure online messaging.
- Get help losing weight, improving your blood pressure or quitting smoking, and more.
- Link your fitness devices and nutrition apps or use the built-in tracking tools in the portal to help you stay on track.

Blue Points

Earn Blue Points for completing healthy activities. Use your points in an online shopping mall for a variety of merchandise, such as books, music, sporting goods and more.

Fitness Program

The Fitness Program gives you flexible options to help you live a healthy lifestyle. It's available to you and your covered dependents age 16 or older. You have access to a nationwide network of fitness locations and a virtual option so you can stay active from home. Plus, save on wellbeing services like acupuncture, massage and personal training.

Talk to a Nurse

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

Learn to Live

Digital mental health programs from Learn to Live can help you feel better and enjoy life more. Get help for anxiety, depression, insomnia, substance use and more. Programs are no added cost, confidential and are accessible anywhere. Connect with a coach by phone, text or email whenever it fits your schedule.

To check out Learn to Live:

1. Log in to Blue Access for Members
2. Click **Wellness**
3. Choose **Digital Mental Health**

Learn More

Contact a Personal Health Guide for questions about your benefits. Call **1-866-355-5999** or chat through the BCBSTX App. You can also go to **www.bcbstx.com/trsactivecare** to learn about your wellness programs and tools.

Teladoc is an independent company that has contracted with BCBSTX to operate and administer the virtual visits program for members with coverage through BCBSTX. Teladoc is solely responsible for its operations and for those of its contracted providers.

RediMD is an independent company that has contracted with BCBSTX to operate and administer the virtual visits program for members with coverage through BCBSTX. RediMD is solely responsible for its operations and for those of its contracted providers.

Ovia Health is an independent company that has contracted with Blue Cross and Blue Shield of TX to provide maternity and family benefits solutions for members with coverage through BCBSTX.

Well onTarget® is a registered trademark of Health Care Service Corporation. 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. Visit Well onTarget for complete details and terms and conditions.

AlwaysOn is owned and operated by Onlife Health Inc. an independent company that has contracted with Blue Cross and Blue Shield of Texas to provide digital health management for members with coverage through BCBSTX.

Blue Points Program Rules are subject to change without prior notice. See the Program Rules on the Well onTarget Member Wellness Portal at **www.wellontarget.com** for further information. The Well onTarget 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.

Learn to Live provides educational behavioral health programs. Members considering further medical treatment should consult with a physician. 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.