



## The Doctor is In – Anytime, Anywhere

As a TRS-ActiveCare participant, your coverage includes TRS Virtual Health choices powered by Teladoc® and RediMD™. As a result, you and your family can get convenient, quality health care from the comfort of home, on your lunch break, or while traveling without having to go to a doctor's office.

### \$0 or \$30 Copay for Medical Virtual Visits\*

With virtual medical visits through either Teladoc or RediMD, you and your covered family members\*\* have access to licensed board-certified doctors, 24 hours a day, seven days a week. You can also get prescriptions sent to your pharmacy if needed.

#### Conditions treated include:

- allergies
- asthma
- back and shoulder strains
- blood pressure
- cold
- cough
- contusions/bruises
- diabetes
- flu
- headaches
- infections
- sinus infection
- skin issues
- sore throat
- stomach problems
- stress

\*\$0 copay for participants and covered family members on the TRS-ActiveCare Primary, TRS-ActiveCare Primary+, and TRS-ActiveCare 2 plans. \$30 copay for TRS-ActiveCare HD participants. Immediate family members who don't have a TRS-ActiveCare health plan can also use TRS Virtual Health at a fixed rate. RediMD = \$35/visit; Teladoc = \$45/visit

\*\*If the patient is 17 or younger, a parent or guardian must be present during the virtual visit.



## \$70 Copay or 30% Coinsurance\* for Mental Health Virtual Visits

Teladoc also offers confidential mental health services from licensed therapists, psychologists, psychiatrists, or certified drug and alcohol abuse counselors for adults 18 and older.

### Mental health conditions treated include:

- alcoholism, addiction, and substance-related disorders
- attention disorders
- bipolar, schizophrenia and psychotic disorders
- depressive and anxiety disorders
- eating disorders
- neurocognitive disorders and dementia
- obsessive compulsive and related disorders
- personality disorders

\*\$70 copay for participants and covered family members on the TRS-ActiveCare Primary, TRS-ActiveCare Primary+, and TRS-ActiveCare 2 plans. 30% coinsurance (after deductible) for TRS-ActiveCare HD participants, and depending on whether a consultation is with a psychiatrist, psychologist, or social worker, additional costs may be incurred. Visit [www.hcbstx.com/trsactivecare/coverage](http://www.hcbstx.com/trsactivecare/coverage) for more detailed information.

## Registering for Teladoc and RediMD is easy!

Visit [www.teladoc.com/trsactivecare](http://www.teladoc.com/trsactivecare) and follow the instructions to set up your account. You can also download the Teladoc app from the [Apple App Store](#) or [Google Play Store](#) or call **1-855-Teladoc** (1-855-835-2362) for help from a customer service representative.

Visit [www.redimd.com/trsactivecare](http://www.redimd.com/trsactivecare) and click **Register**. Enter code **trsactivecare**, click **Next** and follow directions to complete your profile. You can also register by calling RediMD customer service at **1-866-989-CURE** (1-866-989-2873), option 3.

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