



Hello,

Your employees may be worried about the cost of mental health care, and that could stand in the way of getting help. In our final mental health email of the month, we list some tips to help save them money and encourage them to get the help they need. Details about the email deploying later this week are below.

STAYING IN NETWORK

In-network providers will always cost participants less.

To find an in-network provider, participants can:

- Log in to [Blue Access for MembersSM](#) and use Provider Finder[®].
- Connect with a **Personal Health Guide (PHG)**, 24 hours a day, seven days a week, by calling **1-866-355-5999** or chatting through the BCBSTX App, available in the [Apple App Store](#) and [Google Play Store](#).

MAKING A VIRTUAL APPOINTMENT

Mental health care is a call or click away with [Teladoc[®]](#). They can easily schedule an online or phone appointment, saving them money and time. They can also ask their in-network provider if they offer virtual appointments.

Participants can learn more about coverage [here](#) or by viewing their plan's Summary of Benefits and Coverage:

[TRS-ActiveCare Primary](#) | [TRS-ActiveCare Primary+](#)
[TRS-ActiveCare HD](#) | [TRS-ActiveCare 2](#)

CHOOSING MEDICATIONS WISELY

Participants could end up paying far more for their medications than they need to. With their TRS-ActiveCare plan, they can save money on prescription drugs in three ways:

- **Use an in-network pharmacy**—All TRS-ActiveCare plans include prescription drug benefits administered by CVS Caremark[®], with in-network pharmacies nationwide. Participants will want to make sure other pharmacies are in-network before filling a prescription.
- **Order generic medications**—Generic medications can cost significantly less than their brand-name counterparts. According to the United States Food and Drug Administration (FDA), generic medications have the same dosage, safety, effectiveness, strength, stability, and quality as brand-name medicines.
- **Save with Preferred Brand drugs**—If a generic drug isn't available, they can ask their doctor to prescribe a brand-name drug from the [Preferred Drug List](#). These medications may cost less.
- **Order through the CVS Caremark Mail Order Pharmacy**—Ordering medications through the [CVS Caremark Mail Service Pharmacy](#) is a convenient and affordable way to get maintenance medications like asthma or high blood pressure drugs. Ninety-day supplies typically cost less than monthly prescriptions filled at a retail pharmacy. Participants can also split their payments for a 90-day supply into three separate payments at CVS Caremark Mail Service Pharmacy.

Participants can learn more tips for saving money on medications [here](#).

Sincerely,
 The TRS-ActiveCare Team

www.bcbstx.com/trsactivecareba

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To get help and information in your language at no cost, call the customer service number on the back of your member card, or see our [Language Assistance page](#) for more information.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-710-6984 (TTY: 711).

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-855-710-6984 (TTY: 711).

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