

Wellness tools and programs | view in [Web Browser](#)



TAKE ADVANTAGE OF TRS-ACTIVECARE'S WELLNESS BENEFITS!



Hello,

Staying healthy is more important than ever. Cooler weather is coming, flu season is just around the corner, and we're all trying to stay safe from COVID-19. It's a good time to remind your employees about the [wellness tools](#) included in their TRS-ActiveCare coverage:

- **TRS Virtual Health** gives participants access to board-certified doctors over the phone or online to treat minor medical and mental health conditions or get a prescription filled.
- The interactive **Well onTarget**® program provides personalized tools and resources to help participants get and stay healthy, on their schedule.
- Participants can call the 24/7 Nurseline at **1-833-968-1770** with questions about fevers, burns and other minor health issues.
- TRS-ActiveCare coverage includes mental health benefits for help with conditions like depression, anxiety and stress.
- Apps from **Ovia Health**® provide help from fertility to pregnancy to parenting. Blue Cross and Blue Shield of Texas' (BCBSTX) maternity specialists also offer personal support for high-risk pregnancies.
- Health advisors may call to support participants after an injury, surgery, serious illness or hospital stay.
- Personal Health Guides are also available at **1-866-355-5999**, 24 hours a day, seven days a week.

Please copy and paste the content below and send it to your employees.



Staying healthy is more important than ever. Cooler weather is coming, flu season is just around the corner, and we're all trying to stay safe from COVID-19. Your TRS-ActiveCare coverage includes an array of wellness tools that can help.

If you haven't used these resources yet, here's a quick review of some of the [health and wellness benefits](#) available to you.

See a doctor anytime, anywhere – With **TRS Virtual Health**, you can see a board-certified doctor 24/7, over the phone or online, for minor medical conditions and get a prescription filled, without getting in the car. Mental health services are also available by appointment only.

Talk to a nurse anytime, day or night – Call the 24/7 Nurseline at **1-833-968-1770** with questions about fevers, burns and other health issues.

Get healthy on your schedule – The interactive **Well onTarget**® program puts personalized tools and resources at your fingertips. Take a Health Assessment, access wellness videos or podcasts, use built-in tracking tools to reach goals, and earn Blue PointsSM that you can use for things like books, music and sporting goods. You have three ways to access these online tools:

<p>Log in to Blue Access for MembersSM and click Well onTarget under "Quick Links."</p>	OR	<p>Log in to Well onTarget using your Blue Access for Members username and password.</p>	OR	<p>Download Well onTarget's AlwaysOn® wellness app from the Apple App Store or Google Play Store.</p>
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Get pregnancy and parenting help – Apps from **Ovia Health**® can walk you through fertility, pregnancy, and parenting. Download* the Ovia Fertility, Ovia Pregnancy and Ovia Parenting apps from the [Apple App Store](#) or [Google Play Store](#). Blue Cross and Blue Shield of Texas also has dedicated maternity specialists to help with high-risk pregnancies.

Get extra support – A Health Advisor may call you after an injury, surgery, serious illness or hospital stay.

Prioritize mental health – Your TRS-ActiveCare coverage includes mental health benefits, so you can get help with conditions like depression, anxiety and stress.

Don't forget Personal Health Guides are available at **1-866-355-5999**, 24 hours a day, seven days a week, for questions about benefits, finding in-network providers, cost estimates, and more.

*Message and data rates may apply.

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.

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.

BCBSTX makes no endorsement, representations or warranties regarding third-party vendors. Members should contact the vendor directly with questions about the products or services offered by third parties.

Blue Points Program Rules are subject to change without prior notice. See the Program Rules on the Well onTarget Member Wellness Portal for more information.

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.

The 24/7 Nurseline is not a substitute for a doctor's care. Talk to your doctor about any health questions or concerns. For medical emergencies, call 911.

We hope you're finding the [Benefits Administrators website](#) useful for accessing all the tools you need. As always, thank you for all you do. If we can be of further support in any way, please call your District Ambassador.

Sincerely,
The TRS-ActiveCare Team

www.bcbstx.com/trsactivecareba

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Blue Points Program Rules are subject to change without prior notice. See the Program Rules on the Well onTarget Member Wellness Portal at wellontarget.com for further information. Taxes may apply. Individuals must be at least 18 years old to purchase. Members agree to comply with all applicable federal, state and local laws, including making all disclosures and paying all taxes with respect to receipt of any reward.

Blue Cross and Blue Shield of Texas complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, sex, gender identity, age, sexual orientation, health status or disability. See our full non-discrimination notice and contact us.

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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