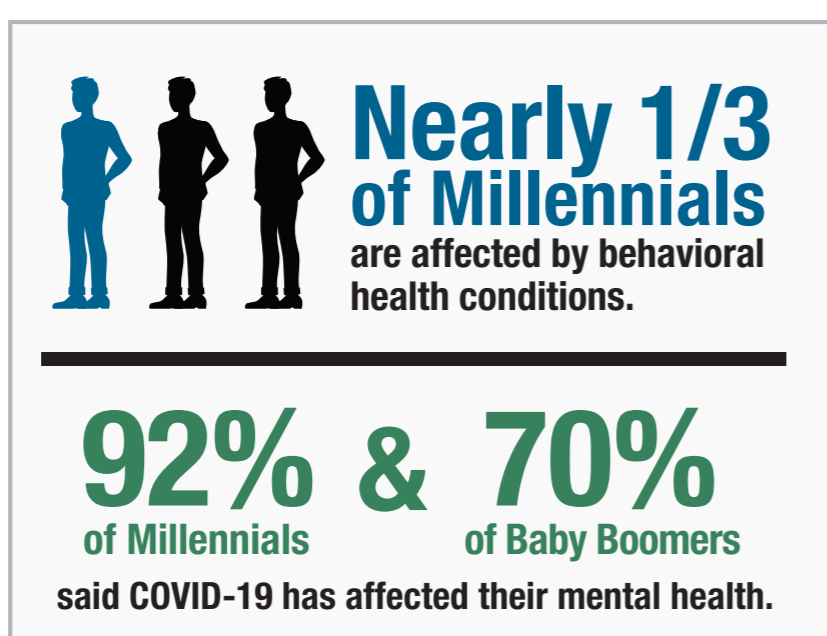


TRS-ActiveCare plans include mental health benefits | view in [Web Browser](#)



Hello,

Awareness of mental health issues is higher than ever, and so is the need for mental health care. According to a new study from [Blue Cross Blue Shield Association](#):



The holidays are around the corner, and they can be stressful, even without the pandemic's additional challenges. The information below can help your employees understand a few key facts about mental health care and learn about their TRS-ActiveCare benefits.

All TRS-ActiveCare plans include mental health benefits for help with conditions like depression, anxiety, stress, and substance abuse.

Participants can access their mental health benefits through:

- 1. Their health plan**—Mental health visits are covered at the same rate as medical visits.
- 2. Telemedicine**—Participants may be able to connect with their current in-network therapist or psychiatrist online or over the phone. They can also make an appointment to use TRS Virtual Health for mental health care through [Teladoc](#)®.
- 3. Well onTarget**®—Through the interactive [Well onTarget](#) program, participants can find many mental health resources, including tips for choosing a therapist and informative videos and articles about conditions like depression and anxiety.

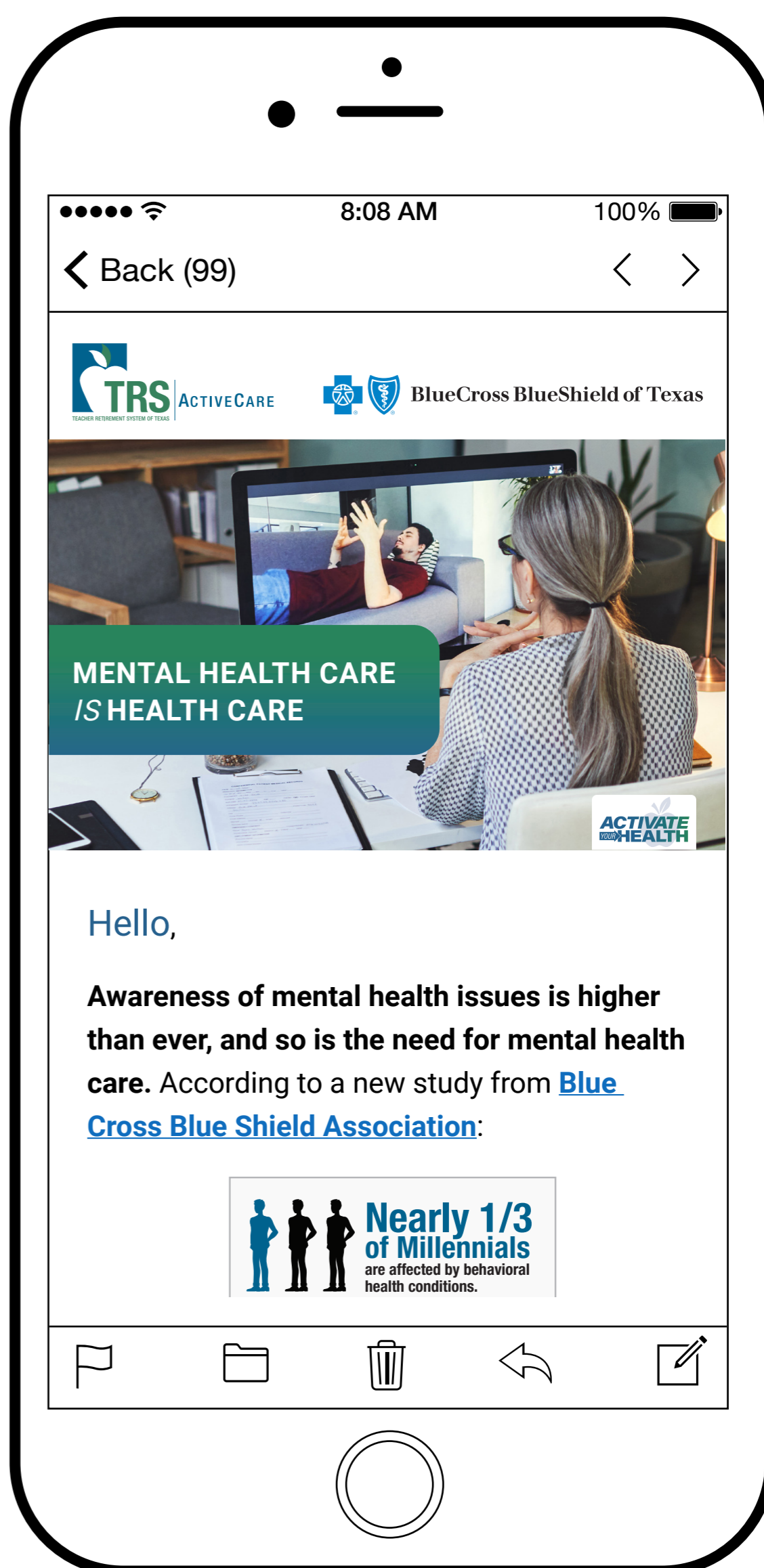
Participants should keep in mind that staying in network always gives them the highest level of benefits. Also, some plans don't cover out-of-network care, unless it's a true emergency.

Depending on the service, participants may need prior authorization. They can review their plan's Summary of Benefits and Coverage for specific details about their mental health coverage:

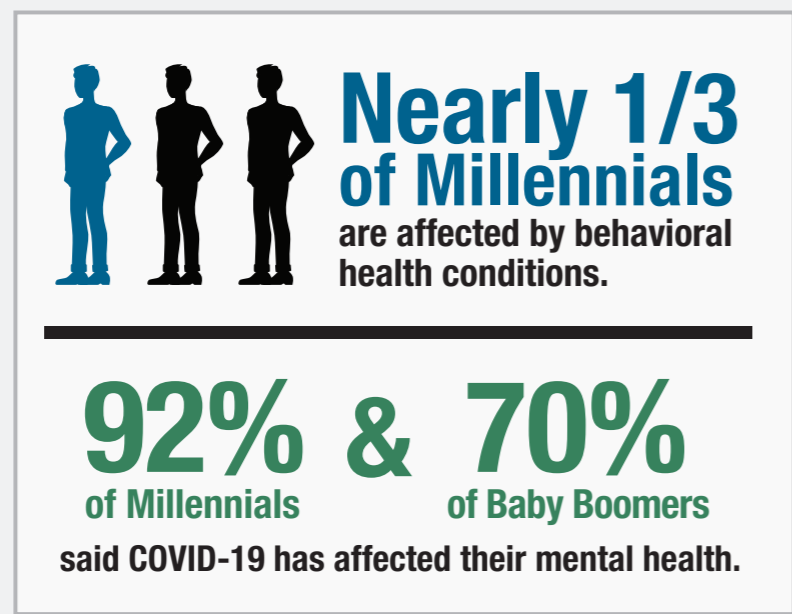
[TRS-ActiveCare Primary](#) | [TRS-ActiveCare Primary+](#)
[TRS-ActiveCare HD](#) | [TRS-ActiveCare 2](#)

Participants can call a Personal Health Guide at **1-866-355-5999**, 24 hours a day, seven days a week, to find an in-network therapist, psychiatrist, or other mental health provider.

Please copy and paste the following information and email it to your employees.



How's your mental health right now? We're all being asked this question more often, thanks to the pandemic. According to a new study from [Blue Cross Blue Shield Association](#):



The holidays are around the corner, and that can be a stressful time even without today's added challenges. If you're feeling anxious, depressed, are struggling with substance abuse, or have another mental health condition, there is help. **All TRS-ActiveCare plans include mental health benefits.**

Mental health care is health care

TRS cares about your total health and wellness, so it's built accessible, affordable mental health care options into your benefits. There are three ways to access care:

- 1. Your health plan**—Mental health visits are covered at the same rate as medical visits.
- 2. Telemedicine**—You may be able to visit your current in-network therapist or psychiatrist online or over the phone. You can also access TRS Virtual Health for mental health appointments through [Teladoc](#)®.
- 3. Well onTarget**®—Through the interactive [Well onTarget](#) program, you'll find many resources about mental health, including tips for choosing a provider and videos and articles about conditions like depression and anxiety.

Keep in mind: Staying in network will always keep your costs down. Some plans don't cover out-of-network care at all, unless it's a true emergency.

Depending on the service, you may also need prior authorization. Review your plan's Summary of Benefits and Coverage for more specific details about your mental health coverage:

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

Need help finding an in-network therapist or other mental health provider? Call a Personal Health Guide at **1-866-355-5999**, 24 hours a day, seven days a week.

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

BCBSTX makes no endorsement, representations or warranties regarding third-party vendors and the products and services offered by them.

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.

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Thank you again for all you do.

Sincerely,
 The TRS-ActiveCareTeam

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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