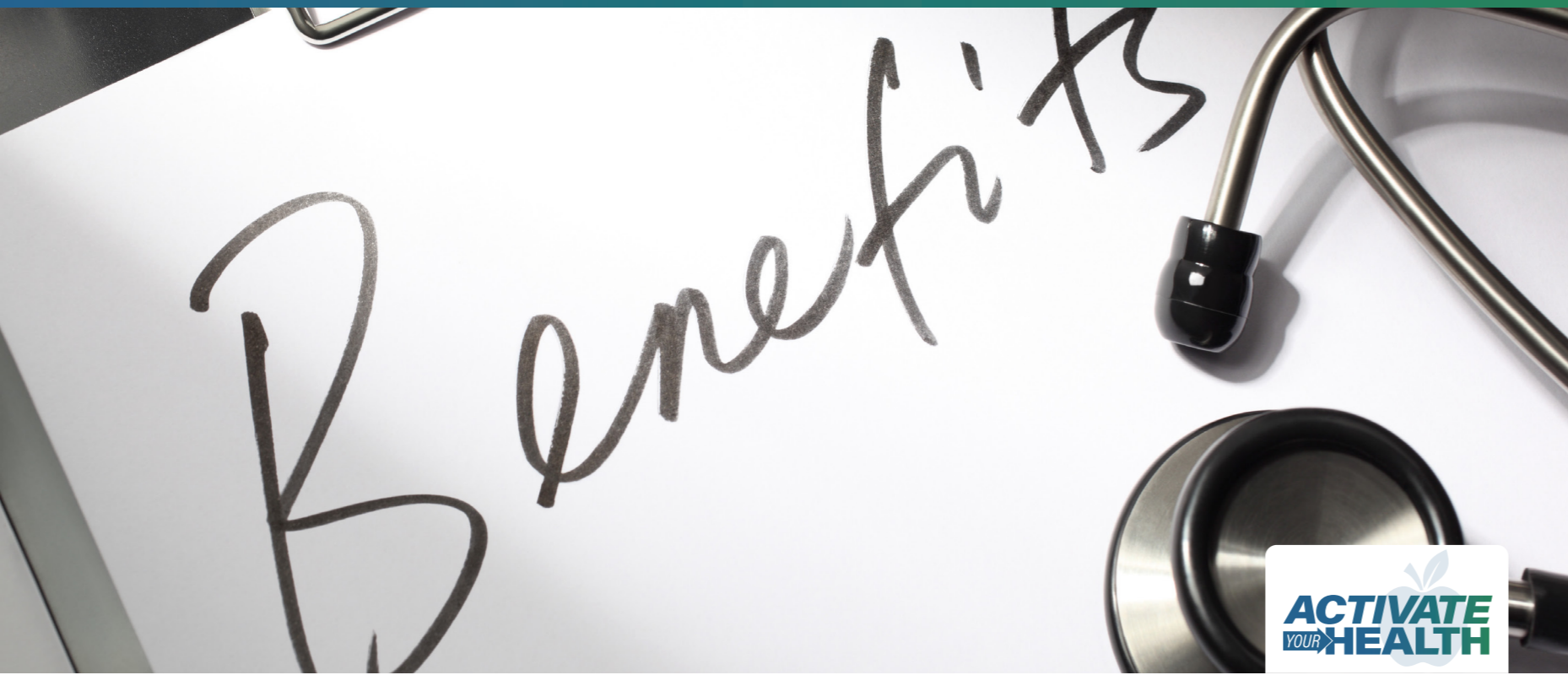


Tips and tools for using TRS-ActiveCare benefits | view in [Web Browser](#)



## RESOURCE GUIDES TO HELP PARTICIPANTS MAXIMIZE THEIR BENEFITS



Hello,

**We have a common goal: to help participants get the most from their new TRS-ActiveCare plan administered by Blue Cross and Blue Shield of Texas (BCBSTX).**




This week, BCBSTX will distribute plan-specific Resource Guides to TRS-ActiveCare participants. TRS-ActiveCare Primary and TRS-ActiveCare Primary+ participants will receive Guides in the mail while TRS-ActiveCare HD and TRS-ActiveCare 2 participants will receive them by email.

You can click on the individual digital Resource Guides below to review them, so you can answer any questions that come your way:



Each Resource Guide gives participants information about their benefits and the many health and wellness resources available to them, as well as helpful tips for saving time and money while managing their health care.

As a reminder, participants can also:

-  Visit the [TRS-ActiveCare site](#).
-  Register for [Blue Access for Members](#)<sup>SM</sup>, a secure member portal that puts everything participants need to manage their benefits, costs, health, and wellness at their fingertips.
-  Call a Personal Health Guide at **1-866-355-5999**, 24 hours a day, seven days a week.

Thank you again for all you do. Don't forget you can always visit the [Benefits Administrators' website](#) for resources, including the [BA toolkit](#), [Benefit Booklets](#), and the [District Ambassador Directory](#).

Sincerely,  
The TRS-ActiveCare Team

[www.bcbstx.com/trsactivecareba](http://www.bcbstx.com/trsactivecareba)

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

1001 E. Lookout Drive, Richardson, TX 75082  
© Copyright 2020 Health Care Service Corporation. All Rights Reserved.  
[Legal and Privacy](#)

