

Help participants learn about valuable benefits | view in [Web Browser](#)



Hello,

TRS-ActiveCare is so much more than an ordinary health plan.

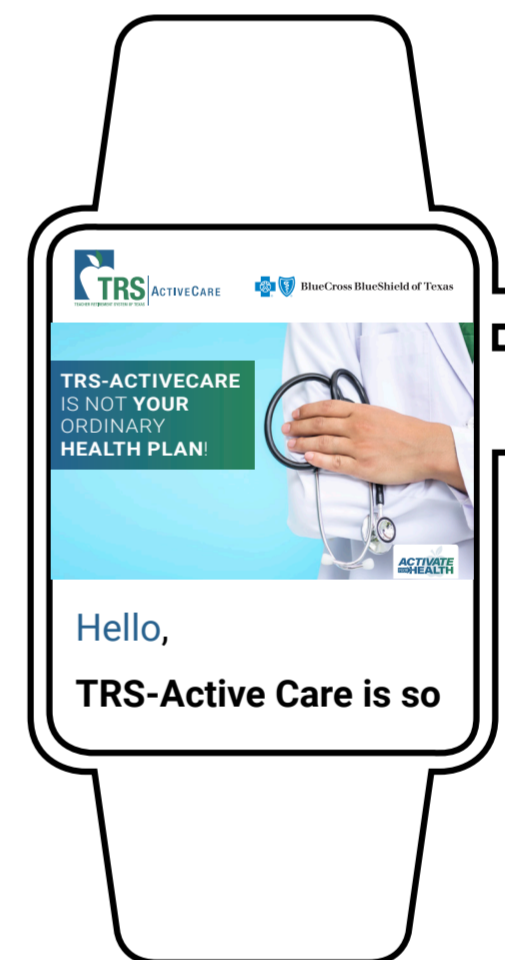
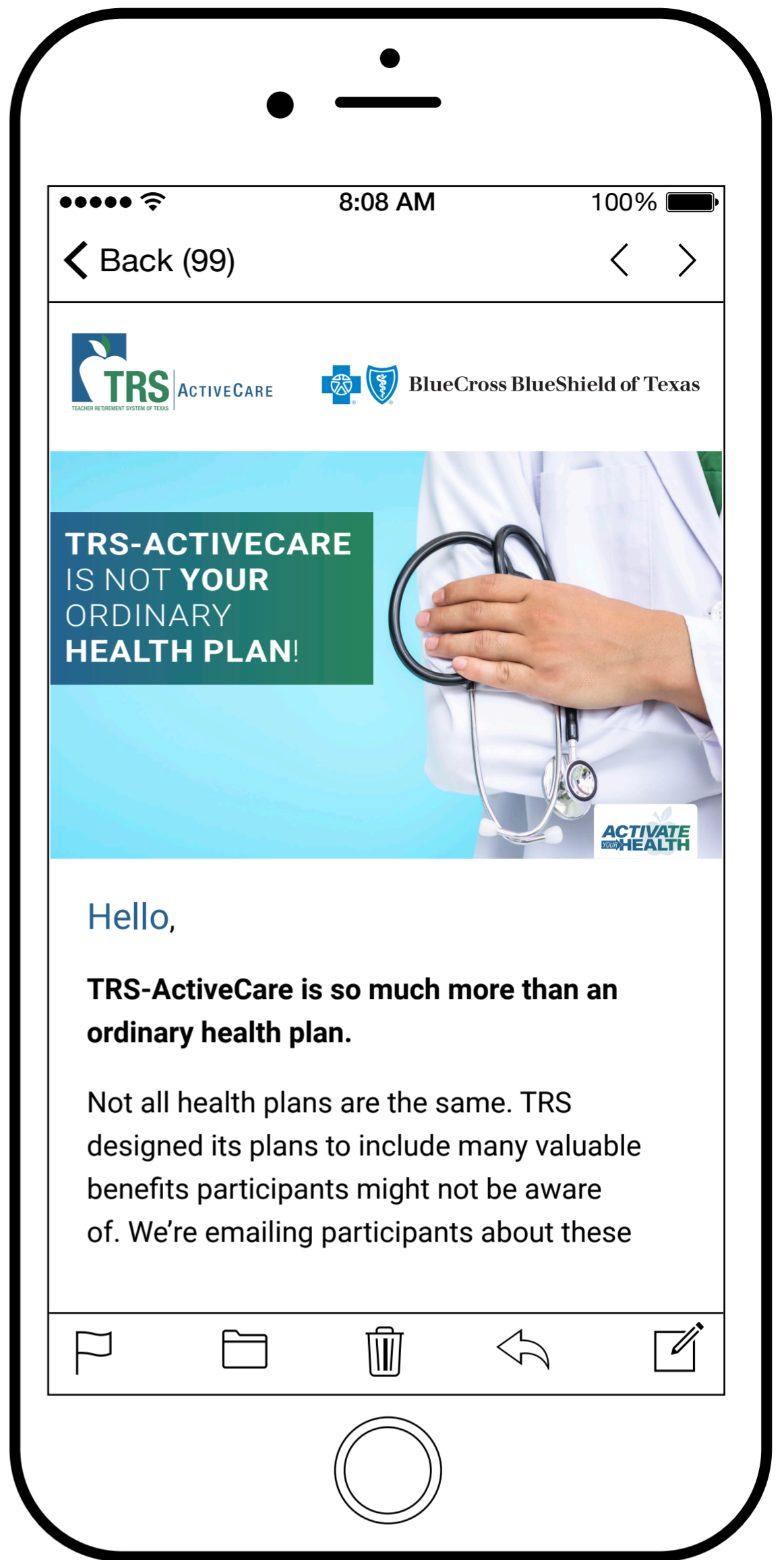
Not all health plans are the same. TRS designed its plans to include many valuable benefits participants might not be aware of. We're emailing participants about these benefits later this week. Highlights are below.

Participants can find more information about these and other wellness-related benefits on the [TRS-ActiveCare website](#).

Personal Health Guides (PHGs)	Participants can connect with a specially trained Personal Health Guide (PHG), 24 hours a day, seven days a week, at 1-866-355-5999 or through the Blue Cross and Blue Shield of Texas (BCBSTX) App for questions about benefits, finding in-network providers, cost estimates, and more. Learn more here .
Nurseline	Participants have access to the 24/7 Nurseline at 1-833-968-1770 for questions about fevers, burns, and other minor health issues.
Well onTarget®	This interactive program has personalized tools and resources to help participants get and stay healthy on their schedule.
Health Advisors	Health Advisors may call participants after an injury, surgery, serious illness, new baby, or hospital stay. They will work with participants to get the treatment, care, and support that they need. Get more information here .
One-on-one Coaching	TRS-ActiveCare offers one-on-one coaching from credentialed health experts, including dietitians, nurses, personal trainers, and other specialists. Participants can get started here .
Mental Health Benefits	Mental health benefits are included with every plan. Participants can get help with conditions like depression, anxiety, and stress.
Ovia Health®	Apps from Ovia Health provide help with everything from fertility to pregnancy to parenting. BCBSTX maternity specialists also offer personal support for high-risk pregnancies.

As always, thank you for all you do. If we can support you in any way, please call your District Ambassador.

Sincerely,
The TRS-ActiveCare Team



www.bcbstx.com/trsactivecareba

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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.

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