

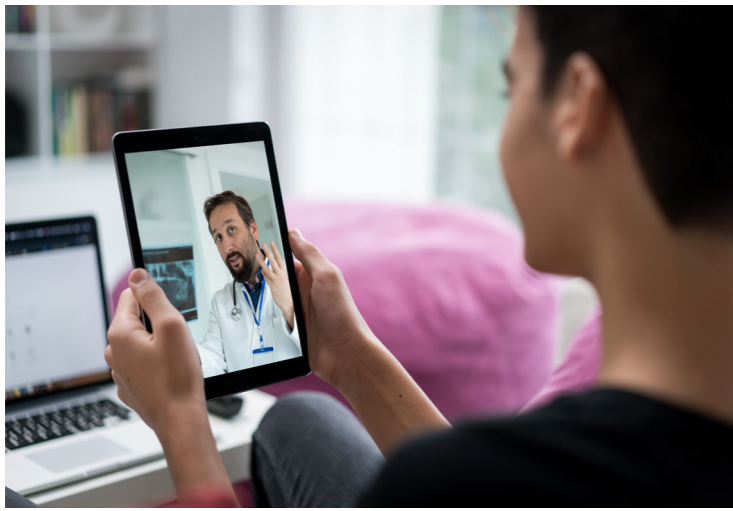
Check out these money-saving tips | view in [Web Browser](#)



Hello,

Are your employees using all of the resources they could be to save money on their health care? If they don't know about these TRS-ActiveCare benefits, they might not be.

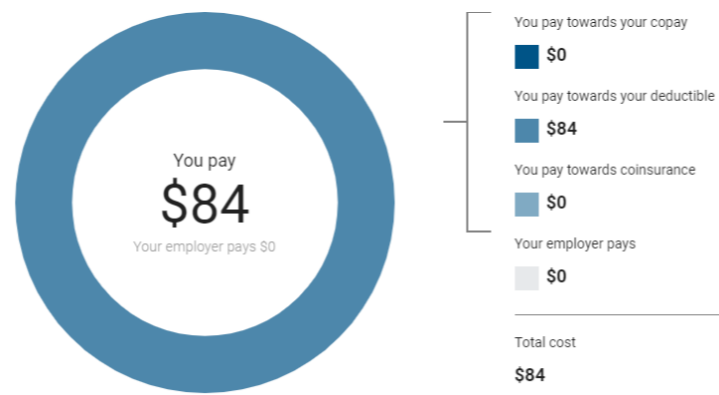
We'll be emailing participants next week about resources that can help them make the most of their health care spending. Details of the email are below.



TELEMEDICINE

With TRS Virtual Health, participants can be seen 24/7 by a board-certified doctor or therapist without leaving home or school. They can also check with their current doctors to see if they offer virtual health care appointments.

[Learn More](#)



COST ESTIMATOR TOOLS

Participants can estimate their out-of-pocket costs before they head to the doctor with the Cost Estimator Tool in Provider Finder®. They can also use the CVS Cost Estimator Tool to see if their prescriptions are covered and what they'll cost.

[Learn More](#)



PERSONAL HEALTH GUIDES

Seeing an out-of-network provider can cost hundreds or even thousands of dollars. One easy way to make sure participants stay in network is for them to call or chat with a Personal Health Guide (PHG) 24/7 for help finding a provider.

[Learn More](#)



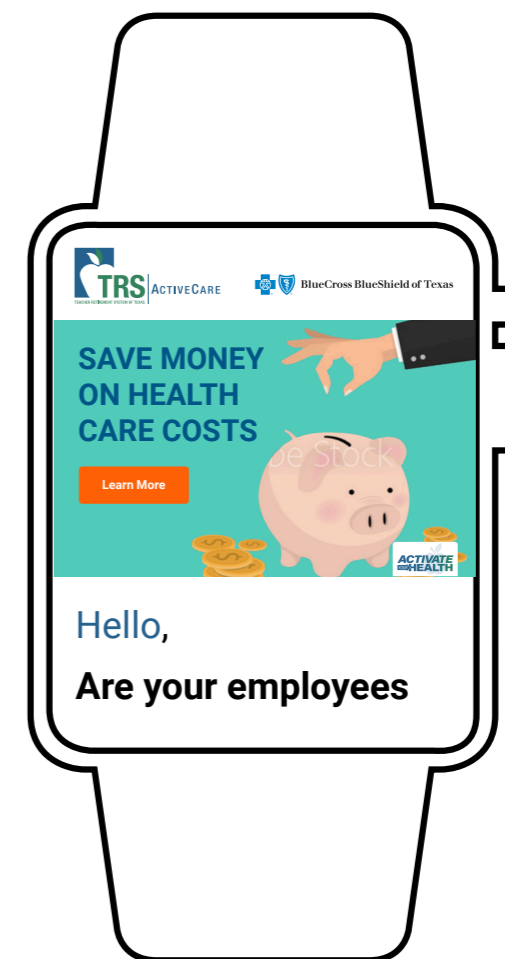
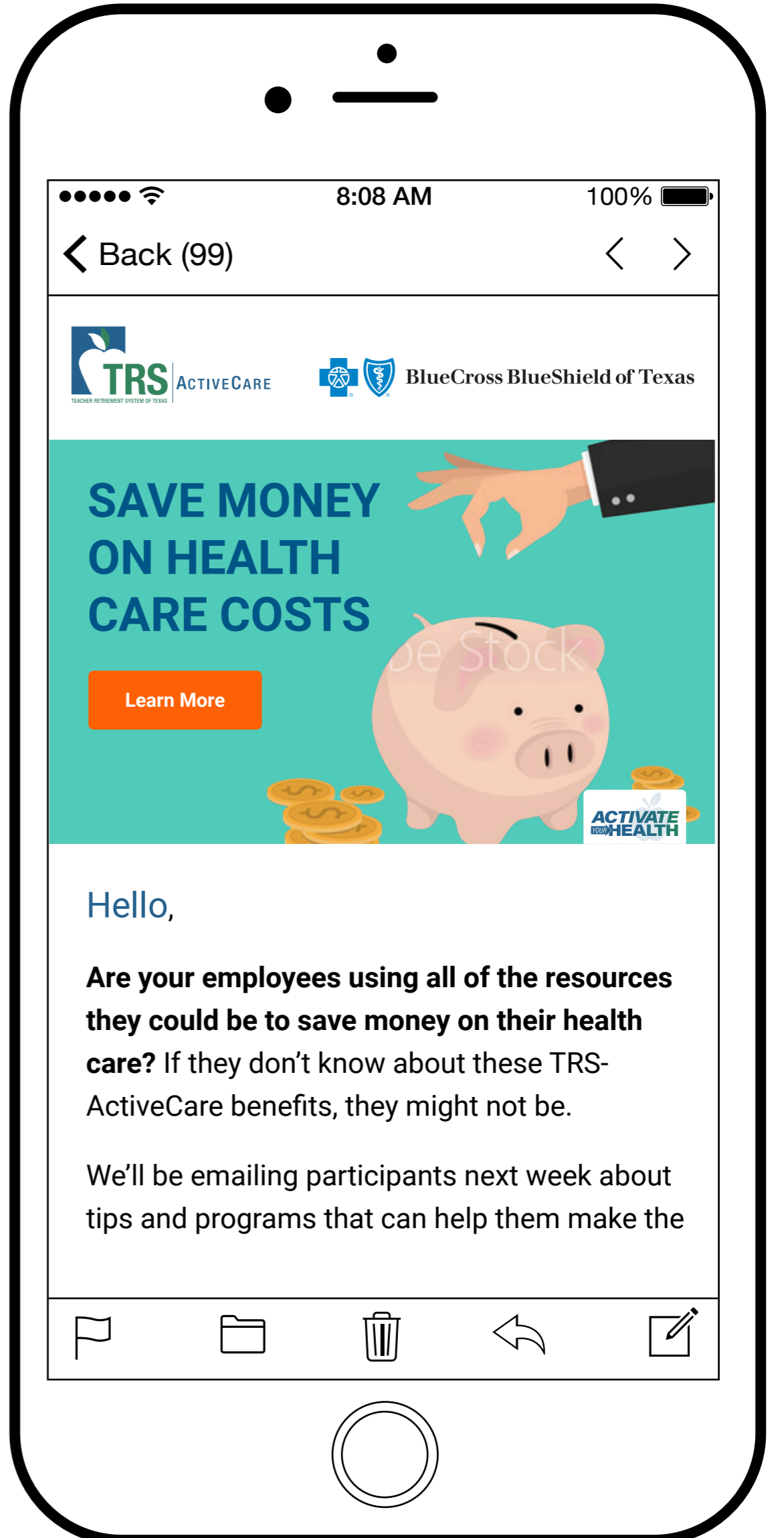
FITNESS PROGRAM

Your employees and their covered dependents (age 16 and older) have access to a nationwide network of fitness locations for a low monthly fee. A digital-only option with thousands of fitness videos and live classes is also offered.

[Learn More](#)

There are many more ways participants can save money with their TRS-ActiveCare plan. Get more information about cost-saving tools [here](#).

Thank you for all you do,
The TRS-ActiveCare Team



www.bcbstx.com/trsactivecareba

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