

More wellness tools for less | View in [Web Browser](#)



When choosing a health insurance plan, comprehensive coverage is critical. That's why we've designed TRS-ActiveCare plans with valuable tools, resources, and programs that focus on health and wellness to save participants money.

This week, we're sending an email to participants outlining some of the essential features of this year's plans. They include:

Cost estimates before an appointment

Wouldn't it be nice to know what a doctor visit or procedure will cost beforehand? The Provider Finder Health Cost Estimator can help your employees make more informed health care choices by letting them check costs ahead of time.

Low-cost mental health options

Because mental health is as important as physical health, participants have:

- \$30 copays for mental health appointments with in-network providers
- \$0 online support through Learn to Live, offering cognitive behavioral therapy lessons and one-on-one coaching

Specialty medicine coverage

With the new PrudentRx specialty drug assistance program, specific prescriptions are at no cost, potentially saving participants tens of thousands of dollars or more!* Many health plans either don't have specialty medicine coverage, or the coverage is so limited it could bankrupt participants.

Care wherever they are

TRS Virtual Health is easy and convenient and includes mental health care.

No-cost, one-on-one coaching programs

Participants can work with a registered dietician, fitness counselor, or weight loss specialist. Or get help with cholesterol, stress management, and other conditions. It's all included in their TRS-ActiveCare plan.

Customizable fitness options

Participants can choose from gyms all over the country and online and hybrid fitness plan options with the Fitness Program.

Support for fertility, pregnancy and parenting

Ovia Health™ apps are available for your employees. Their health plans also offer no-cost breastfeeding support and supplies.

Live support 24/7

TRS-ActiveCare plans include \$0 cost Personal Health Guides (PHGs) who can help participants find providers, make doctor's appointments, do cost estimates, answer claims and benefits questions, and more.

They can call a PHG 24/7 at **1-866-355-5999** or chat through the BCBSTX App 24 hours a day, seven days a week. The App is available in the [Apple App Store](#) and [Google Play Store](#).

These features are just a taste of the benefits designed to help your employees get and stay healthy while saving them money this year. Learn more about the 2022-23 TRS-ActiveCare plans [here](#).

[Get Plan Highlights](#)

www.bcbstx.com/trsactivecareba



*The PrudentRx program is not included with the TRS-ActiveCare HD plan.
 Learn to Live provides educational and behavioral health programs; members considering further medical treatment should consult with a physician.
 Learn to Live, Inc. is an independent company that provides online behavioral health programs and tools for members with coverage through Blue Cross and Blue Shield of Texas. BCBSTX makes no endorsement, representations, or warranties regarding third-party vendors and the products and services.

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