

TRS-ActiveCare plans focus on health and wellness | view in [Web Browser](#)



[Learn More](#)

If there's one thing last year taught us, it's that **nothing is more important than our health**. That's why TRS-ActiveCare designed its plans to help participants make the most of their coverage and put their health first. There are numerous programs and tools that help take care of them holistically.

To get them excited about this year's plans, we're emailing details about a few key wellness benefits included in the 2021-22 TRS-ActiveCare plans this week.

Key wellness benefits include:



Wellness coaching

When your employees are working toward a health goal, it helps to have a trained expert with them every step of the way. Wellness coaching can help.

- One-on-one wellness coaching is included at no extra cost in every TRS-ActiveCare plan.
- Employees can get help managing their weight, fitness, stress level, nutrition, or blood pressure, and even get support for quitting smoking, at no extra cost.
- Credentialed coaches include health experts, dietitians, nurses, and personal trainers.



Therapy online or by phone

Certain conditions, such as severe depression, bipolar disorder, eating disorders, and post-traumatic stress disorder, are best treated with in-person therapy. For other mental health conditions, employees can get help without leaving home or school

- Participants can make an online or phone appointment for minor mental health conditions with TRS Virtual Health.
- They may also schedule virtual appointments with many in-network therapists, psychiatrists, or other mental health specialists.
- Moderate depression, anxiety, stress, or help dealing with a challenging life event, such as the death of a loved one, may be good candidates for therapy online or by phone.



Fitness program

When getting fit is a priority, you want it to be as easy as possible. Enter TRS-ActiveCare's Fitness Program.

- Your employees and their covered dependents (age 16 and older) have exclusive access to a low-cost Fitness Program included with your health plan.
- There are facilities across the country, ranging from specialty boutiques to large gyms, with prices as low as \$19 per month.
- A new virtual option can be added to the traditional Fitness Program or used as a digital-only program

In addition, 2021-22 TRS-ActiveCare plans include:



- 100% covered preventive care
- [Ovia Health](#)® for prenatal care, pregnancy and parenting support
- 24/7 Nurseline, an always-open option to talk to a nurse about minor health issues and figure out the best option for care

In this new plan year, we're excited to be **Healthier Together!**

[Learn More](#)

www.bcbstx.com/trsactivecareba

ⓘ You are leaving this website/app ("site"). This new site may be offered by a vendor or an independent third party. The site may also contain non-Medicare related information. In addition, some sites may require you to agree to their terms of use and privacy policy.

Ovia Health is an independent company that has contracted with Blue Cross and Blue Shield of Texas to provide maternity and family benefits solutions for members with coverage through BCBSTX. BCBSTX makes no endorsement, representations or warranties regarding third-party vendors. Members should contact the vendor directly with questions about the products or services offered by third parties.

Blue Cross and Blue Shield of Texas complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, sex, gender identity, age, sexual orientation, health status or disability. See our full [non-discrimination notice and contacts](#).

Blue Cross®, Blue Shield® and the Cross and Shield Symbols are registered service marks of the Blue Cross and Blue Shield Association, an association of independent Blue Cross and Blue Shield Plans.

1001 E. Lookout Drive, Richardson, TX 75082
© Copyright 2021 Health Care Service Corporation. All Rights Reserved.
[Legal and Privacy](#)

