

This is my TRS-ActiveCare story



I know men can be hesitant to get their annual wellness exams – or any medical care, for that matter. Because I’m one of them.

High blood pressure and heart disease run in my family. But I figured, I’m young. It’s fine to skip an appointment. Or two. And maybe ignore a few heart palpitations. I know, it sounds crazy.



And then one day, I was rushed to the hospital with dizziness and chest pain. I thought I was having a heart attack. Turns out it was a panic attack. But my blood pressure was dangerously high, putting me at risk for heart disease and stroke. I control it with medication now, and I’m done missing appointments.

Staying healthy is more important than ever because I just became a father. Keeping up with **preventive care is the easiest and most important thing anyone can do for their health.** And TRS-ActiveCare covers preventive care at 100%, so it costs you nothing extra! **Who takes care of you like that?**



TRS-ActiveCare does.

[Make an Appointment](#)

www.bcbstx.com/trsactivecare



Matt’s story is an example to show how TRS-ActiveCare coverage can work for you in a similar situation. He is not an actual participant.

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