



Which path will you choose?



Ready to take control of your well-being this year?

Whether you want to work on your diet or fitness, focus on saving money or improve your mental health, your TRS-ActiveCare plan can help. Your adventure to a healthier you starts...NOW!

Start Here

Visit your Primary Care Provider. Preventive care like annual wellness, well-woman and well-baby and child exams are covered for the whole family. Your PCP knows you and your lifestyle best, understands your medical history and medications and can help guide you down the right path for your health.



PCP

The Fitness Program "Buff": Get affordable, no-contract memberships at gyms nationwide, including a virtual-only option. Choose what works best for you based on location, budget or personal preference.



[Join Today](#)

Health Coaching "Champion": Get free, personalized support from a certified health expert, like a nutritionist or fitness coach. They work one-on-one with you using evidence-based guidelines, proven methods and goal setting to help you lose weight, improve your fitness level, manage your diet, improve your blood pressure *and more*.



[Get a Health Coach](#)

Stress "Eliminator": Ditch your headache, muscle tension, upset stomach or trouble sleeping this year. You have several options for getting care for stress, anxiety and other conditions.



[Start Today](#)

The Financial "Guru": Be a "Where to Go for Care" expert and register for TRS Virtual Health to save on out-of-pocket expenses. **Earn up to \$599 per year with the EXPANDED Member Rewards program** and more!



[Start Earning](#)



It doesn't matter which path you choose, it's easy to get started on your phone. Jenna and Eddy can walk you through it all – [just press play!](#)

New Year, New You Wellness Webinar

Dive deeper into wellness with webinars created just for you!

Wednesday, January 28

8 - 8:45 a.m.

Noon - 12:45 p.m.

This presentation covers:

- setting SMART goals
- healthy eating
- exercising
- quitting smoking
- managing stress

Register today!

[8 a.m. Webinar](#)

[Noon Webinar](#)

www.bcbstx.com/trsactivecare



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The Fitness Program is provided by Tivity Health, an independent contractor which administers the Prime Network of fitness centers. The Prime Network is made up of independently owned and managed fitness centers.

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