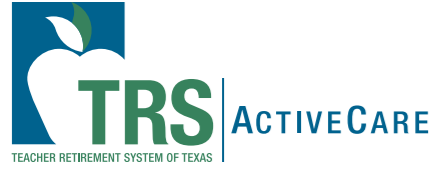


Extra help when you need it, at no cost



Blue Cross and Blue Shield of Texas (BCBSTX) Health Advisors are there to help you get the treatment, care and support you need with medical and mental health conditions. And this service is 100% covered by your TRS-ActiveCare health plan.

Health Advisors are specially trained medical professionals. They may call you or a covered family member after an injury, surgery, serious illness, or hospital stay. They may also call you during a high-risk pregnancy.

Be sure to pick up the phone when a Health Advisor calls!

Your caller ID will show Blue Cross and Blue Shield of Texas.



If you have a high-risk pregnancy, an ongoing health condition, or were recently in the hospital and want to connect with a Health Advisor, call a Personal Health Guide 24/7 at **1-866-355-5999**.

Health Advisors can help you:

- understand a new diagnosis
- coordinate care with your providers and schedule appointments
- learn how to manage a chronic condition
- get the care you need for serious illnesses or injuries
- manage a high-risk pregnancy
- learn about wellness benefits that may help improve your condition
- help you find a doctor, therapist, or other provider
- stay on track with doctor's appointments and treatments

Call a Personal Health Guide at **1-866-355-5999** to connect with a Health Advisor.

[Connect Now](#)

bcbstx.com/trsactivecare



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