

Plan Highlights

Doctors and Hospitals

<u>lospitals</u>

Health and Wellbeing Tools and Resources

BlueCross BlueShield

of Texas



You might be feeling sad, stressed, or scared. You could be overwhelmed but powering through. Or maybe you've shut down and disconnected from the things and people you love.



Depression and anxiety come in many forms. No matter what you're feeling, you can get help quickly and easily with your TRS-ActiveCare health plan.



3 Things to know about mental health

Get Help



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1. Depression and anxiety can hit at any time of year, but often

3 Important Facts About Mental Health

- get worse in winter.
- **2.** When your mental health is affected, it can be hard to take steps to get help.
- **3.** Your benefits make getting mental health care easier than ever.

4 Easy Ways to Find a Therapist

- Use Provider Finder[®] to find an in-network mental health provider.
 - Access <u>Provider Finder</u> in the Doctors and Hospitals tab of the <u>TRS-ActiveCare website</u> or through the BCBSTX App.
- 2 Use <u>Headway</u> to find a therapist or other mental health professional quickly.
 - All providers are in network and appointments are available within 48 hours.
- **3** Use <u>Teladoc</u> of for virtual mental health appointments from wherever you are.
 - Appointments are available seven days a week, from 7 a.m. 9 p.m. for covered participants and dependents age 18 and older.
 - \$0 with TRS-ActiveCare Primary and TRS-ActiveCare Primary+ plans
- Let a Personal Health Guide find a provider for you!
 - Call 1-866-355-5999 or chat through the BCBSTX App 24/7.

Did You Know

You have anytime, anywhere <u>\$0 digital mental health tools</u>.

- Learn to Live offers self-paced cognitive behavioral therapy with online support for depression, anxiety, substance use and more.
- Well onTarget[®] has one-on-one coaching for stress management and post-partum care.



Get Help

www.bcbstx.com/trsactivecare

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Headway is an independent company that has contracted with Blue Cross and Blue Shield of Texas to provide behavioral health management for members with coverage through BCBSTX.

Teladoc is an independent company that has contracted with Blue Cross and Blue Shield of Texas to provide virtual medical care for members with coverage through BCBSTX.

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.

The Well onTarget program is offered to you as a part of your employer-sponsored benefits. Participation in the Well onTarget program, including the completion of a Health Assessment, is voluntary and you are not required to participate.

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