

Tips for finding mental health providers and medications | view in [Web Browser](#)



Are you worried about the cost of mental health care? Don't let that stop you from getting help. Your TRS-ActiveCare plan covers this important part of your wellness, and we're here with some tips to help you save money.



STAY IN-NETWORK

In-network providers will always cost less.

To find an in-network provider:

- **Log in to [Blue Access for Members](#)SM** and use Provider Finder[®].
- **Connect with a Personal Health Guide (PHG)**, 24 hours a day, seven days a week, by calling **1-866-355-5999** or chatting through the BCBSTX App, available in the [Apple App Store](#) and [Google Play Store](#).



FIND THE RIGHT FIT

Connecting with your provider is key. You want to find someone who fits your personality and needs, and makes you feel comfortable and confident. This is an important step in your mental health journey.

With so many mental health providers to choose from, where do you start? Be sure to check the therapist, psychologist, or other mental health specialists' [Provider Finder](#) profiles. Many have reviews from other participants that can help you narrow down your options.



MAKE A VIRTUAL APPOINTMENT

Mental health care is a call or click away with [Teladoc](#)[®]. You can easily schedule an online or telephone appointment, saving you money and time. You can also ask if your in-network provider offers virtual appointments.

If you find a provider you're happy with through Teladoc, you can continue to see that same provider and build a long-term relationship.

Learn more about coverage [here](#) or by viewing your plan's **Summary of Benefits and Coverage**:

[TRS-ActiveCare Primary](#) | [TRS-ActiveCare Primary+](#)
[TRS-ActiveCare HD](#) | [TRS-ActiveCare 2](#)



CHOOSE MEDICATIONS WISELY

If your provider and you decide that medication is a good course of action, TRS-ActiveCare has ways to save money on prescription costs. Here are four steps you can take:

- **Order generic medications**—Generic medications can cost significantly less than their brand-name counterparts. According to the United States Food and Drug Administration (FDA), generic medications have the same dosage, safety, effectiveness, strength, stability, and quality as brand-name medicines.
- **Use an in-network pharmacy**—All TRS-ActiveCare plans include prescription drug benefits administered by CVS Caremark[®]. With CVS pharmacies nationwide, you can find one near you. Be sure to check if other pharmacies are in-network before using one to fill a prescription.
- **Save with Preferred Brand drugs**—If a generic drug isn't available, ask your doctor to prescribe a brand-name drug from the [Preferred Drug List](#). These medications may cost less.
- **Order through the CVS Caremark Mail Order Pharmacy**—Ordering your medications through the [CVS Caremark Mail Order Pharmacy](#) is a convenient and affordable way to get maintenance medications like asthma or high blood pressure drugs. Ninety-day supplies typically cost less than monthly prescriptions filled at a retail pharmacy. You can also split your payments for a 90-day supply into three separate payments at CVS Caremark Mail Order Pharmacy.

You can learn more tips and tricks for saving money on medications [here](#).

www.bcbstx.com/trsactivecare

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To get help and information in your language at no cost, call the customer service number on the back of your member card, or see our [Language Assistance](#) page for more information.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-710-6984 (TTY: 711).

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-855-710-6984 (TTY: 711).

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