

We can help make your resolutions a reality



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New Year, Healthier You

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Did you make any resolutions this year? Whether you want to work on your diet or fitness, focus on saving money or improve your mental health, we can help you keep your promises!



Health and Fitness

It doesn't matter if you've just started your fitness journey or if you're in better shape than ever – your TRS-ActiveCare plan can help you reach your goals!

- The **Fitness Program** offers affordable, no-contract memberships at gyms nationwide. Choose what works best for you based on location, budget or personal preference. There's even a virtual-only option! You'll also save money on wellbeing services like acupuncture, massage and personal training.
- Get one-on-one coaching from credentialed health experts from **Well onTarget®** at **no added cost!** Your coach can help you lose weight, improve your fitness level, manage your diet, improve your blood pressure and more.

Mental Health Care is Health Care

Don't go another year without feeling your best. Get care for depression, stress, anxiety, alcohol or drug misuse and other conditions.



- **In-Person** – See an in-network therapist, psychiatrist or other mental health professional. Headway is a new program that makes finding mental health providers and scheduling appointments easier.
- **Virtually** – Use Teladoc to speak with a licensed mental health provider online or over the phone.
- **Digitally** – [Learn to Live](#) is a digital mental health program **available at no added cost to you.** Its programs can help you with stress, anxiety, depression, substance abuse and more.



Women's and Family Health

Your TRS-ActiveCare plan provides support for your health in every stage of life including pregnancy, parenting and menopause with **Ovia Health™** apps. Each app offers daily personalized articles and tips to achieve your goals, unlimited messaging with registered nurses, and real-time health data.

Well onTarget also offers digital self-guided courses to support healthy pregnancies through every stage. Topics include healthy foods, body changes and labor.

Save Money

Give your savings a boost this year!



- Get rewards for your hard work through **Blue PointsSM**. Earn points for completing healthy activities like joining the Fitness Program and working out. Spend them in the online shopping mall when you're ready to treat yourself.
- Earn up to \$599 per plan year when you use **Member Rewards** for certain procedures like MRIs, CT scans, colonoscopies and more.

Have a question?

Personal Health Guides are your plan experts. They help make it easy to understand your health plan and maximize your benefits. Connect with a PHG by calling **1-866-355-5999** or chatting through the **BCBSTX App**, available in the [Apple App Store](#) or [Google Play Store](#).

[Get Started](#)

www.bcbstx.com/trsactivecare



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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.

Ovia Health is an independent company that has contracted with Blue Cross and Blue Shield of Texas to provide maternity and family benefits solutions for members with coverage through BCBSTX.

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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