Peace of mind at no cost

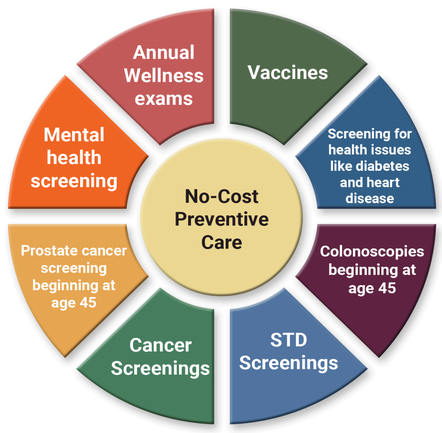


It's easy to think you're invincible. There's no way cancer can happen to you, right? Unfortunately, it can. Keeping up with routine cancer screenings can save your life.

5 Reasons to Get Screened

1. **Early-stage cancer usually has no symptoms.** It's not always a lump that you can see or feel and is often diagnosed when you're feeling fine.
2. **Many kinds of cancer can be treated successfully if caught early.** Early-stage cancer is more likely to be localized, which gives you more treatment options and a better chance of recovery.
3. **You can prevent cancer.** Screening can help your provider catch precancerous changes and stop cancer before it develops.
4. **Get peace of mind.** Routine screenings give you comfort knowing that you're healthy and taking control of your health.
5. **Your TRS-ActiveCare plan covers 100% of your preventive care.** Don't delay your annual wellness exam because *"it's probably nothing," "I don't have time"* or *"going to the doctor is too expensive."*

What's included in your no-cost preventive care?



You can even get **CASH rewards** for getting cancer screenings like a colonoscopy or visit with your PCP or specialist with Member Rewards.

Claim your Reward

Not sure how to get your recommended cancer screenings? These short how-to videos can help guide you step-by-step on how to get a colonoscopy. A Personal Health Guide can also help you find a provider or schedule an appointment. Chat in the BCBSTX App or call 1-866-355-5999.

Prevention Starts with Healthy Habits



Screenings are important, but so is staying active. Join the Fitness Program in **October** with **no enrollment fee**[1] and find a fitness location that fits your lifestyle.

Breast Cancer Awareness Webinar

Get wellness tips and expert advice from your Wellness Coordinator with webinars created just for you!

Monday, Oct. 19	Wednesday, Oct. 21
Noon – 12:45 p.m.	Noon – 12:45 p.m.

This presentation covers:

- types of breast cancer
- risk factors and symptoms
- screenings
- preventing breast cancer

Register today!

www.bcbstx.com/trsactivecare

1. New members must enter the coupon code, OCT26FP , to qualify for free enrollment until October 31. Members who do not use this coupon code will be charged the standard fee. After October 31, the regular enrollment fee will apply to all new memberships. Members, and their covered dependents, must be 18 or older to join the Fitness Program. Taxes may apply. This offer may not be combined with any other offers. The Fitness Program is provided by Tivity HealthTM, an independent contractor that administers the Prime Network of fitness centers. The Prime Network is made up of independently owned and operated fitness centers. For medical emergencies, call 911. This program is not a substitute for a doctor' s care. Talk to your doctor about any health questions or concerns. *If the patient is 17 or younger , a parent or guardian must be present during the virtual visit.

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