

Tips and tools for using your benefits | view in [Web Browser](#)



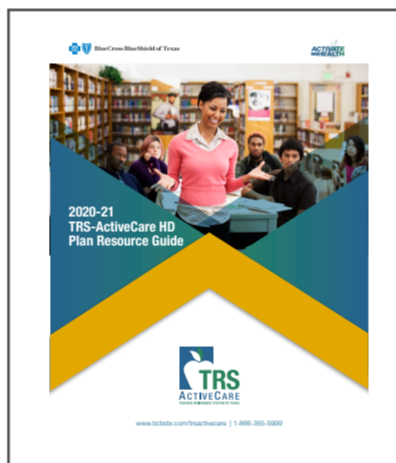
MAKE THE MOST OF YOUR HEALTH PLAN



Blue Cross and Blue Shield of Texas is here to help you get the most from your new TRS-ActiveCare HD plan.

Here's a [Resource Guide](#) full of information about your benefits and the many health and wellness resources that come with your plan. There are also many helpful tips for saving time and money.

You'll want to **bookmark or print this Resource Guide** so you can refer to it when you have questions about your benefits.



You can also:



Visit the [TRS-ActiveCare site](#).



Register for [Blue Access for MembersSM](#), a secure member portal that puts everything you need to manage your benefits, costs, health, and wellness at your fingertips.



Call a Personal Health Guide at **1-866-355-5999**, 24 hours a day, seven days a week.

We're excited to help you Activate Your Health!

www.bcbstx.com/trsactivecare

Blue Cross and Blue Shield of Texas complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, sex, gender identity, age, sexual orientation, health status or disability. See our full [non-discrimination notice](#) and contacts.

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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