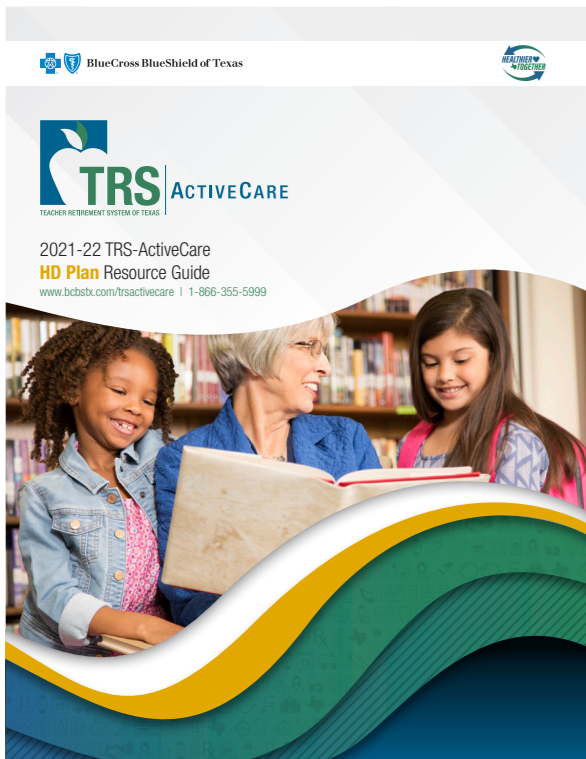


Tips and tools for using your benefits | view in [Web Browser](#)



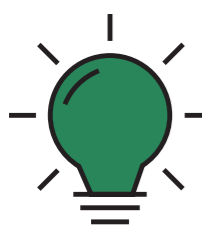
# YOUR RESOURCE GUIDE IS NOW AVAILABLE

You can now access your digital Resource Guide.



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This Guide is full of helpful information about your TRS-ActiveCare benefits administered by Blue Cross and Blue Shield of Texas (BCBSTX). It contains details about wellness programs and valuable tips for saving time and money while managing your health.



**Be sure to bookmark this Resource Guide**, so you can refer to it when you have questions about your benefits. If you're new to the TRS-ActiveCare HD plan, we'll also mail you a copy of this Resource Guide.

You can call a Personal Health Guide (PHG) at [1-866-355-5999](tel:1-866-355-5999) or chat through the **BCBSTX App**, 24 hours a day, seven days a week. The app is available in the [Apple App Store](#) and [Google Play Store](#). A PHG can help you understand your benefits, get cost estimates, find in-network providers, and more.

[www.bcbstx.com/trsactivecare](http://www.bcbstx.com/trsactivecare)



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