

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



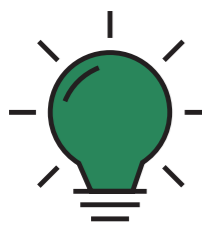
YOUR RESOURCE GUIDE IS NOW AVAILABLE

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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 Primary plan, we'll also mail you a copy of this 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



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