See how your benefits can help manage pain and save money on care.

TRS ActiveCare | BlueCross BlueShield of Texas



Popping knees. Clicking joints. A neck that crackles when your head turns. Issues in your back, neck, muscles and joints can cause unwanted sound effects.

If this is your daily soundtrack, it's time to tune in. The good news? You can manage your symptoms and keep moving to your own beat.

Types of Pain and Where to Go for Care

Acute Pain happens suddenly and is usually caused by an injury, strain, or illness. Common examples include:

- muscle strains from lifting heavy objects
- sports injuries
- poor sleeping positions
- minor falls or accidents
- sudden neck stiffness or lower back pain

It typically lasts *less than six weeks* and often gets better with rest, gentle movement, stretching, ice or heat therapy and over-the-counter medication.

Chronic Pain lasts longer than three months or longer than the normal healing period. It can affect sleep, mood, mobility, productivity, and overall quality of life. Chronic back, neck, or joint pain may be caused by:



- arthritis
- previous injuries
- nerve damage
- long-term inflammation
- poor posture or repetitive stress

Use Your Benefits to Get Back in Rhythm

Well onTarget® programs and wellness coaching help you create healthy habits, stay active and keep moving forward. Simple things like stretching, walking, having good posture and building strength can help you feel and move better.

The Fitness Program lets you choose from a nationwide network of gyms and fitness locations, making it easier to stay active your way.

Airrosti Remote Recovery gives you physical therapy services to fix muscle and joint pain fast – at no additional cost, if you have *TRS-ActiveCare Primary x Region 4* or *TRS-ActiveCare Primary+*.

The Next Verse Starts Here

If your solo efforts aren't getting a standing ovation, it may be time to start a duet with your provider. Talk to your Primary Care Provider if you have:



- pain lasting more than a few weeks
- pain that affects sleep or daily activities
- numbness or tingling in the arms or legs
- weakness in the limbs
- difficulty standing, walking, or maintaining balance

Don't have a PCP? Use Provider Finder® to find one. You can search by location, gender or specialty. They may recommend tests to help uncover what's causing your symptoms. Tests could include:



- X-rays
- Ultrasounds
- CT scans
- MRIs
- Bone density scan

Based on the results, they'll find the treatment that's right for you.

TRS Motion+: Explore Your Surgery Options

If your provider recommends surgery, **TRS Motion+ can give you expert care and savings on hip and knee replacement and cervical spine procedures.** What you'll pay:

TRS-ActiveCare Primary x Region 4, TRS-ActiveCare Primary+ and TRS-ActiveCare 2 participants: will ONLY pay up to a $2,000 copay for the procedure.

TRS-ActiveCare HD participants: will ONLY pay up to $2,000 for the procedure once you meet your deductible.

Learn More

Strike a Chord with Your Wallet

Shop Member Rewards before your next visit, test, scan or procedure. When you choose a reward-eligible provider or facility, you save money and earn a cash reward. *That's something to sing about!*

If you have TRS-ActiveCare HD, you must meet your deductible before you can earn a reward for non-preventive care.

Get Rewarded

Questions? If you need help finding a provider, scheduling an appointment, shopping or using Member Rewards, talk to a Personal Health Guide. Chat in the **BCBSTX App** or call 1-866-355-5999.

Diabetes 101 Webinar

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

Monday, Nov. 16	Wednesday, Nov. 18
Noon – 12:45 p.m.	Noon – 12:45 p.m.

This presentation covers:

- types of diabetes
- symptoms and complications
- managing diabetes

Register today!

www.bcbstx.com/trsactivecare

The Fitness Program is provided by Tivity Health™, 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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