

Benefits specialists are here to help anytime



Feeling sad? Anxious? Overwhelmed? A lot of us are, especially this time of year.

Mental health issues are on the rise. Thankfully, so is mental health care. **You have no-cost, 24/7 access to benefits specialists** called Personal Health Guides (PHGs) through your TRS-ActiveCare plan.

Call **1-866-355-5999** or chat through the **BCBSTX App** 24/7, for help and ask to speak with a mental health specialist. They can help with:

- getting immediate care if you or a loved one is in danger
- finding an in-network therapist, psychiatrist, or other mental health specialist
- making a mental health appointment
- getting information about virtual mental health care through Teladoc®
- learning about online mental health resources like Learn to Live and Well onTarget®
- getting cost comparisons
- saving money on prescriptions
- resolving claims
- learning more about plan features like no-cost wellness benefits, prior authorizations, and more



Lauren: In her own words

We discovered PHGs when we were expecting and needed to find a specialist. After the baby was born, I didn't feel like myself. That's when I learned there are mental health PHGs. My PHG helped me understand my mental health benefits and found me a therapist who specializes in post-partum depression. She even made sure the therapist would see me virtually. I'm feeling better, and I'm so grateful for the help.

[Connect with a PHG](#)

bcbstx.com/trsactivecare



Teladoc is an independent company that has contracted with Blue Cross and Blue Shield of Texas to operate and administer the virtual visits program for members with coverage through BCBSTX. Teladoc is solely responsible for its operations and those of its contracted providers.

Learn to Live provides educational and behavioral health programs; members considering further medical treatment should consult with a physician.

Learn to Live, Inc. is an independent company that provides online behavioral health programs and tools for members with coverage through Blue Cross and Blue Shield of Texas. BCBSTX makes no endorsement, representations, or warranties regarding third-party vendors and the products and services.

The Well onTarget program is offered to you as a part of your employer-sponsored benefits. Participation in the Well onTarget program, including the completion of a Health Assessment, is voluntary and you are not required to participate.

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