



Happy Holidays | view in [Web Browser](#)





Happy Holidays from all of us at TRS and Blue Cross and Blue Shield of Texas.

The holidays may look a little different for you this year, but we hope you're able to celebrate and enjoy them safely. As we get ready for this unique holiday season, we're passing along a few tips from [Centers for Disease Control and Prevention \(CDC\)](#) for staying healthy and prioritizing your wellness:


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Skip the Travel
 Help keep everyone safe by limiting your travel and gatherings this year. The CDC recommends doing "what is best for your health and the health of your loved ones. This year spend time with those in your own household."

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Remember to Socially Distance
 "Avoid crowds and shop online, use contactless pickup and delivery, or shop in open-air markets while staying at least six feet from people you don't live with."

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Take Care of Your Mental Health
 "Being away from family and friends during the holidays can be hard." You don't have to tough it out or get through it on your own. Know when and how to ask for help. And don't forget you have access to [mental health benefits](#) through your TRS-ActiveCare health plan.

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Get Tested
 If you feel ill or have been exposed to someone who's tested positive for COVID-19, schedule a test. Your TRS-ActiveCare health plan includes no-cost benefits that take effect before you reach your deductible and maximum-out-of-pocket limits:

\$0	Diagnostic testing for COVID-19
	For inpatient hospital stays for COVID-19 treatment
	Telemedicine visits through: <ul style="list-style-type: none"> • TRS Virtual Health powered by Teladoc® and RediMD™ • Your current in-network providers offering care online or over the phone

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Find New Ways to Celebrate
 Just because you're separated from loved ones doesn't mean you can't spend time together. Fire up Facetime or Zoom and enjoy cooking, baking, eating, or your favorite holiday entertainment together virtually.

Our best wishes for health and happiness in the coming year to you and your family!

www.bcbstx.com/trsactivecare

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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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