Plan Highlights **Doctors and Hospitals** Health and Wellbeing Tools and Resources Happy Holidays!

Happy Holidays from your friends at TRS and Blue Cross and Blue Shield of Texas! Winter break is finally here! Here's what you need to know while school's out.

Where to go for care

Decorating disaster. Food poisoning from your in-laws. Burned more than the dinner rolls. No matter what's ailing you, knowing where to go for care is critical. Going to the wrong place could delay your care, cost you more (A LOT more!) or both. These can help. Print your favorite for your corkboard at school or the fridge at home.





Traveling? Think virtual first.

Get convenient, quality health care from wherever you are with TRS Virtual Health powered by Teladoc® and RediMD™, 24/7. They can:

- treat conditions like colds, flu, allergies, asthma, skin issues, muscle strains and respiratory infections
- send prescriptions to your pharmacy

If you have a life-threatening illness or injury, you should call 911 or go to the nearest emergency room right away. Emergency services are always covered at the in-network benefit level.

Handling holiday stress

Are high expectations or busy schedules making you feel sad, angry or anxious? Stress and other conditions like anxiety can be the cause of your headache, muscle tension, upset stomach and trouble sleeping. We can help you through the holidays and beyond.

Learn More

Seasonal Affective Disorder Wellness Webinar

Dive deeper into wellness with webinars created just for you!

Wednesday, December 17 5 - 5:45 p.m. Noon - 12:45 p.m. This presentation covers:

• what Seasonal Affective Disorder is

• risk factors and symptoms diagnosis and treatment options lifestyle tips



Register today!

Noon Webinar

5 p.m. Webinar

Holiday Hours

BCBSTX is closed: TRS is closed: • Thursday, Dec. 25 • Wednesday, Dec. 24 – Friday, Dec. 26 • Thursday, Jan. 1 • Wednesday, Dec. 31 – Friday, Jan. 2



Personal Health Guides are unavailable on BCBSTX holidays. However, the 24/7 Nurseline is open 365 days a year. You can call <u>1-833-355-1770</u> day or night for help with non-urgent conditions or to find out where to go for

www.bcbstx.com/trsactivecare





Teladoc and the Teladoc logo are trademarks of Teladoc, Inc. and may not be used without written permission. Teladoc is being provided to TRS-ActiveCare members and members of plans administered by TRS-ActiveCare. Teladoc and Teladoc physicians are independent contractors and are neither agents nor employees of TRS-ActiveCare or plans administered by TRS-ActiveCare. Teladoc is not available in all states. Teladoc does not replace the primary care physician. Teladoc does not guarantee that a prescription will be written. Teladoc operates subject to state other drugs which may be harmful because of their potential for abuse. Teladoc physicians reserve the right to deny care for potential misuse of

Virtual and telephonic visits are powered by exclusive software own and operated by RediMD. It is important to verify and understand the terms and conditions of your benefit plan. Terms and conditions may apply based on plan design with limitations and exclusions. Virtual and telephonic services provided are not to be accepted as a health plan or act as a pharmacy distributor or prescription manager. RediMD reserves the sole right to deny care when it believes the risk of possible abuse is present. A virtual visit with RediMD does not provide assurances prescription orders will be issued and RediMD does not prescribe DEA-controlled substances, non-therapeutic drugs or drugs which may be harmful or lead to abuse. RediMD operates in many different states and is subject to regulatory rules and jurisdictional limitations. Oversight and program management, including contracted providers, of the virtual medicine services provided are solely controlled by RediMD. RediMD and the

RediMD logo are registered trademarks of RediMD LLC and may not be used without written permission.

Teladoc and RediMD are independent companies that have contracted with your employer to provide virtual doctor visits. Both Teladoc and RediMD do not offer Blue Products or Services.

Image(s) may have been created or enhanced using artificial intelligence tools. BCBSTX makes no endorsement, representations or warranties regarding third-party vendors and the products and services offered by them.

Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

> 1001 E. Lookout Drive, Richardson, TX 75082 © Copyright 2025 Health Care Service Corporation. All Rights Reserved. <u>Legal and Privacy</u> | <u>Update Your Preferences</u> | <u>Unsubscribe</u> View in Web Browser