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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.

Texas Version

Teacher Version

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

Noon - 12:45 p.m.5 - 5:45 p.m.

This presentation covers:

- what Seasonal Affective Disorder is
- risk factors and symptoms
- diagnosis and treatment options
- lifestyle tips

Register today!

Noon Webinar5 p.m. Webinar

Holiday Hours

BCBSTX is closed:	TRS is closed:
<ul style="list-style-type: none"><li>• Thursday, Dec. 25</li><li>• Thursday, Jan. 1</li></ul>	<ul style="list-style-type: none"><li>• Wednesday, Dec. 24 – Friday, Dec. 26</li><li>• Wednesday, Dec. 31 – Friday, Jan. 2</li></ul>

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