

Get live, personalized benefits help



TRS-ActiveCare has benefits for you no matter what your health priorities are, and benefits specialists to guide you.

Lily

This young teacher just learned she has a chronic condition and is also battling depression.

Gary

This principal, dad, and grandpa needs help managing his diabetes and getting healthy.

Lauren and Matt

Lauren and her vice principal husband, Matt, just had their first baby, and they have many new parent questions.

Maria

She is juggling multiple health care issues for her family, including getting care in two states.

Are you a Lily, Gary, Lauren and Matt, or Maria? Maybe you have different health care needs, or a combination.

What you all have in common is you want to make the most of your coverage.

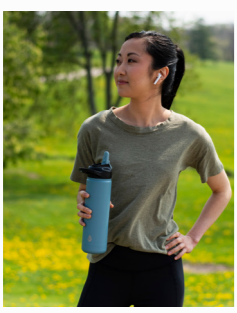
Whatever your needs, TRS-ActiveCare is here to support you. And your direct link to your coverage is a Personal Health Guide (PHG).

PHGs are benefits specialists whose job it is to help you get care, get answers, and get healthy. You can connect with them 24/7 at no extra cost.

Call **1-866-355-5999** or chat through the **BCBSTX App** 24/7, anytime day or night, for help with:

- **finding in-network providers** – whether it’s a Primary Care Provider (PCP), specialist, hospital, or mental health provider
- **making a doctor’s appointment** – no need to worry about calling during office hours
- **saving money** – including help figuring out costs for a procedure or medication
- **learning about your plan** – details about claims, out-of-pocket maximums, no-cost wellness benefits, prior authorizations, and more
- **getting mental health care** – learn about all the resources available to you

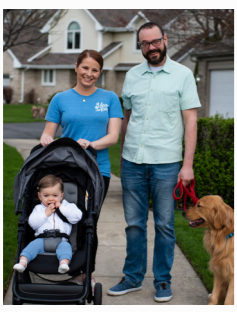
IN THEIR OWN WORDS



Lily – I was overwhelmed after my Multiple Sclerosis diagnosis. PHGs helped me understand how to use my coverage to get well.



Gary – I had a provider claim that seemed wrong after my hospitalization. A PHG figured it out quickly. What a relief!



Lauren and Matt – With the baby here, we’re getting care more often. PHGs make it easy to compare costs so we know what to expect.



Maria – We needed providers in two states and Spanish-speaking doctors. One call to a PHG was all it took.

You can see more about how Lily, Gary, Lauren and Matt, and Maria are using benefits specialists to get help with their care and take charge of their health [here](#).

Connect with a PHG

bcbstx.com/trsactivecare



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