Desktop View Mobile View

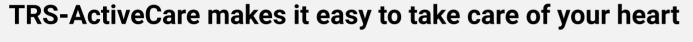
The symptoms may surprise you





If you have a heart attack, you may have sharp pain in your chest. But symptoms for women also include:

- dizziness
- nausea or vomiting
- shortness of breath
- indigestion or heartburn
- fatigue
- upper back pressure



Knowing the symptoms can save your life. So can these benefits included in your TRS-ActiveCare plan:



100% Covered Preventive Care

At your annual wellness exam, your Primary Care Provider will check your blood pressure and cholesterol and recommend more tests if needed.



Fitness Program

Already going to the gym? You might be missing out on a discount!

Ready to start? Choose from large gyms, boutique classes and digital options.



Mental Health Benefits

There's a connection between stress and heart attack risk! In-person and virtual mental health care can help.



Personal Health Guides

Call or chat for help finding a provider, making a doctor's appointment, getting claims info or using any of your benefits.



\$0 Wellness Coaching

Did you know you can work one-on-one with a registered dietician, nutritionist or fitness expert for \$0?! This is an easy, no-cost way to boost your heart health.



If you think you're having a heart attack, call 911 or go to the nearest emergency room right away.

Learn the Signs



