



Managing your health doesn't have to be hard. TRS-ActiveCare and Blue Cross and Blue Shield of Texas (BCBSTX) make it easy with valuable benefits and access to a broad network of providers.

*This email is also available in Spanish by **clicking on "En español" in the top righthand corner.***



BCBSTX APP

You can download the BCBSTX App, available in the [Apple App Store](#) and [Google Play Store](#), to get instant access to essential health benefits information wherever you are. With the App, you can:

- Access coverage and deductible information
- Chat 24 hours a day, seven days a week, with a live Personal Health Guide
- Review claims and contact an expert anytime, day or night
- Find in-network doctors, hospitals or urgent care facilities
- See your Explanation of Benefits statements
- View your digital member ID card



PRESCRIPTIONS BY MAIL

Skip the trip to the pharmacy and have your medications delivered using the CVS Mail Order Pharmacy. This convenient, contactless service may also save you money. Ninety-day supplies typically cost less than 30-day supplies, and there's no extra cost for shipping.

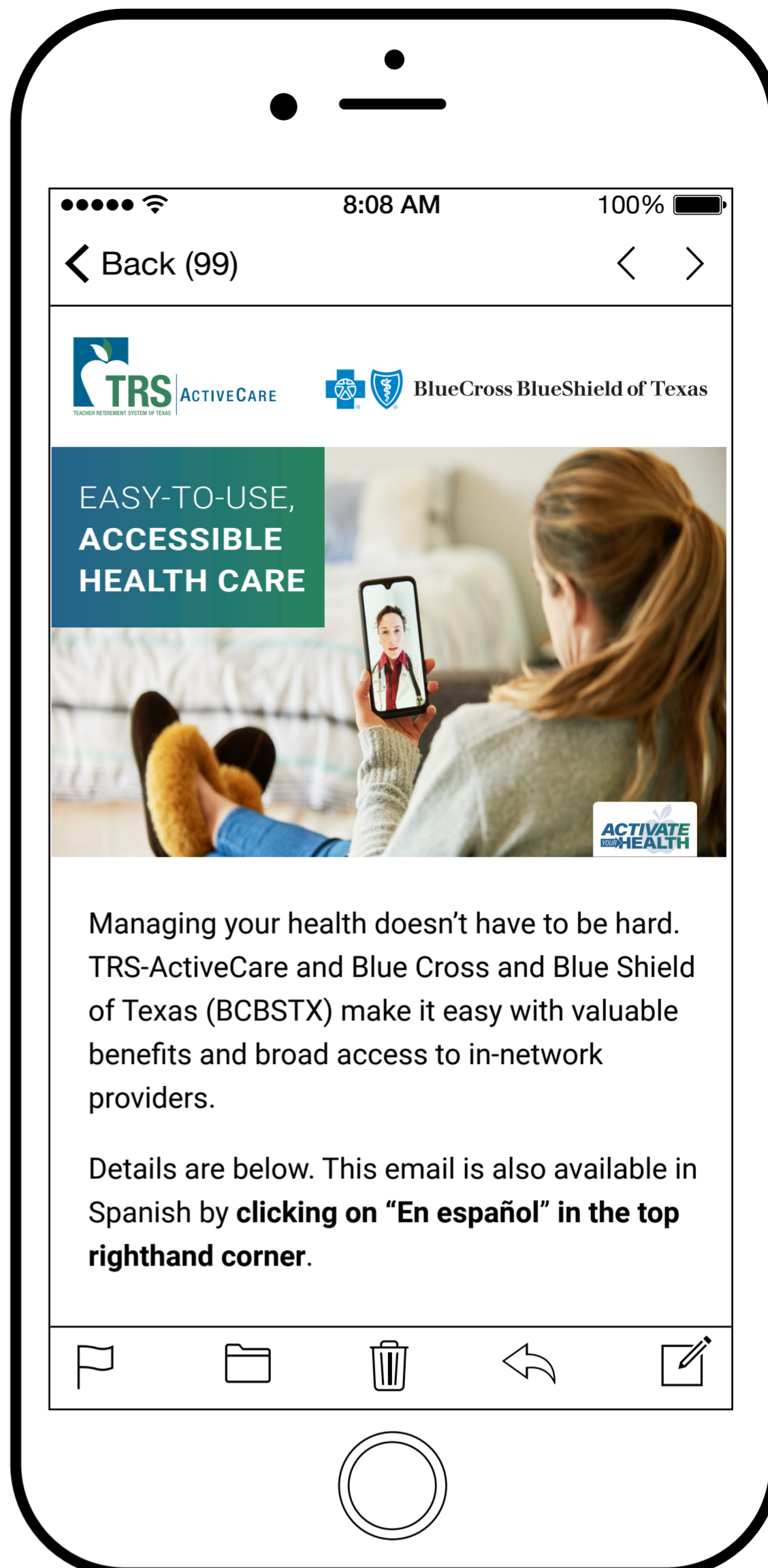
You can also split the payments for 90-day supplies into three payments over three months. Call CVS Caremark at **1-844-345-4577** for more information or for help setting up a payment plan. Find more cost-saving tips [here](#).



24/7 NURSELINE

The 24/7 Nurseline can save you time and money. Call **1-833-968-1770** for questions about fevers, burns, and other minor health issues. Use this resource to avoid an unnecessary and expensive trip to the emergency room or urgent care center.

Get more information about these and other valuable benefits to support your health and well-being on the [TRS-ActiveCare website](#).



www.bcbstx.com/trsactivecare

Caremark® is an independent pharmacy benefit management company that is solely responsible for the products and services they offer.

The 24/7 Nurseline is not a substitute for a doctor's care. Talk to your doctor about any health questions or concerns. For medical emergencies, call 911.

Blue Cross and Blue Shield of Texas complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, sex, gender identity, age, sexual orientation, health status or disability. See our full [non-discrimination notice and contacts](#).

To get help and information in your language at no cost, call the customer service number on the back of your member card, or see our [Language Assistance page](#) for more information.

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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