



From *"Am I ready?"* to *"Is this normal?"* TRS-ActiveCare is here for you through every stage of womanhood.

Puberty and Periods

Want to learn how to track your cycle? Trying to have a baby or trying to NOT have a baby? Your coverage includes visits with an OBGYN without a referral from your Primary Care Provider. They can answer questions about:

- period symptoms like flow, pain and regularity
- birth control
- screenings and vaccines
- sexual health like sex drive, STI testing and more
- fertility or preparing for pregnancy

Pregnancy and Postpartum

Growing your family takes a village. Your TRS-ActiveCare plan is part of yours. Your coverage includes maternity and prenatal care, plus **no-cost** benefits like:

- support from a maternity specialist for high-risk pregnancies
- electric breast pumps, limited to two per plan year
- hospital-grade breast pump rentals up to \$150 of allowed amount
- lactation counseling services, six visits per plan year

Perimenopause and Postmenopause

You have coverage for so much more than "just the baby stuff." A visit with your OBGYN can help you address:

- stages of menopause
- physical and emotional symptoms
- treatments or symptom management
- long-term health

Earn and save \$\$\$\$ while you take care of yourself.

Get up to \$599 per year and save on coinsurance with Member Rewards when you choose cost-effective facilities or Top-Performing Physicians, like a PCP or specialist (including OBGYNs) for your health care.

[Start Earning](#)

Ovia™ Health Apps

These **FREE** apps offer personalized guidance with educational articles, videos, health tips, tracking and more.

Ovia app:	Ovia Parenting app:
<ul style="list-style-type: none"> • Understand and track your cycle. • Get pregnancy resources. • Discover more about postpartum recovery. • Access menopause support. 	<ul style="list-style-type: none"> • Track health milestones. • Learn about your child's development. • Read expert parenting articles and tips. • Get tools and support.

Download from the [Apple App Store](#) or [Google Play Store](#).