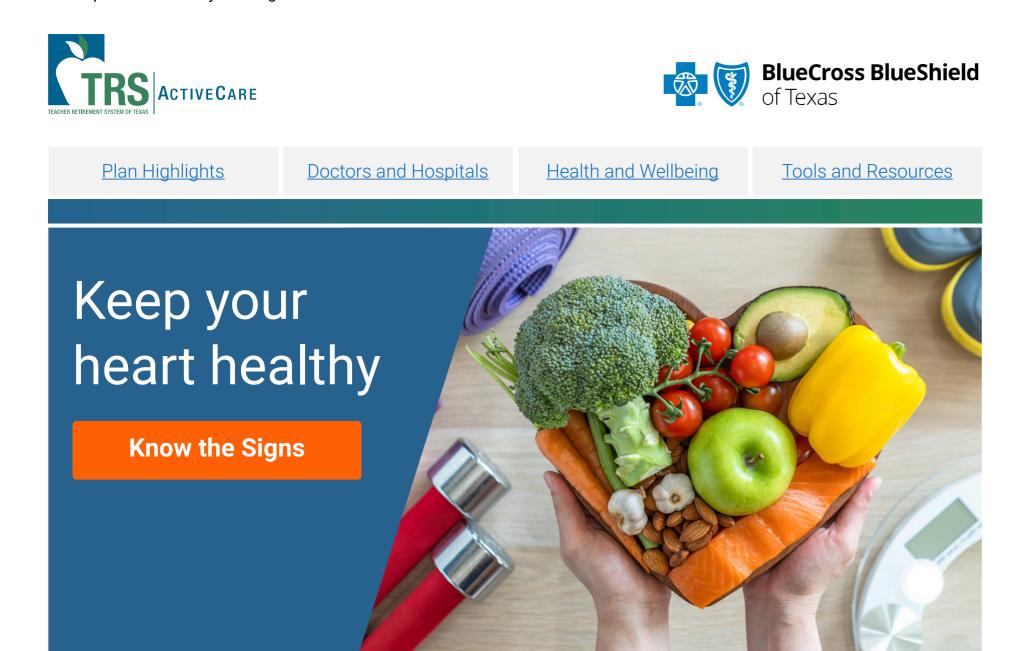
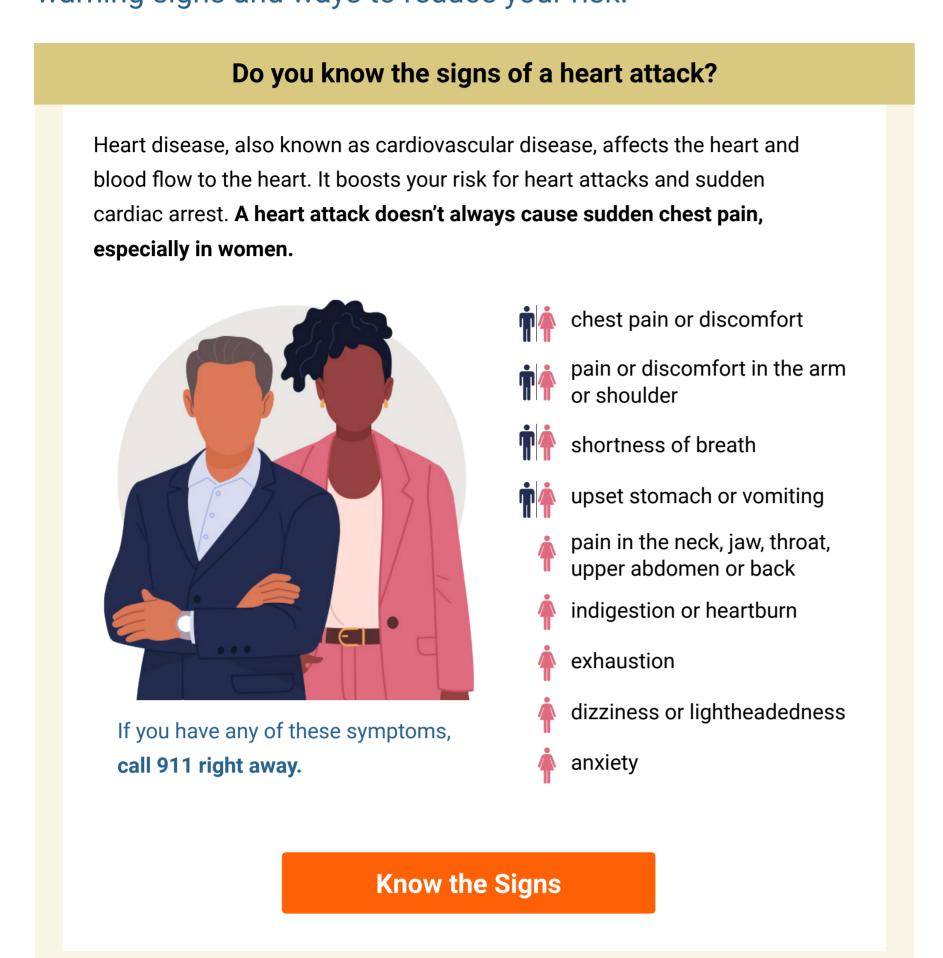
Desktop View Mobile View

Chest pain isn't the only warning.



Heart Disease is the number one killer of women and men in the United States. With so much at stake, it's smart to know the warning signs and ways to reduce your risk.

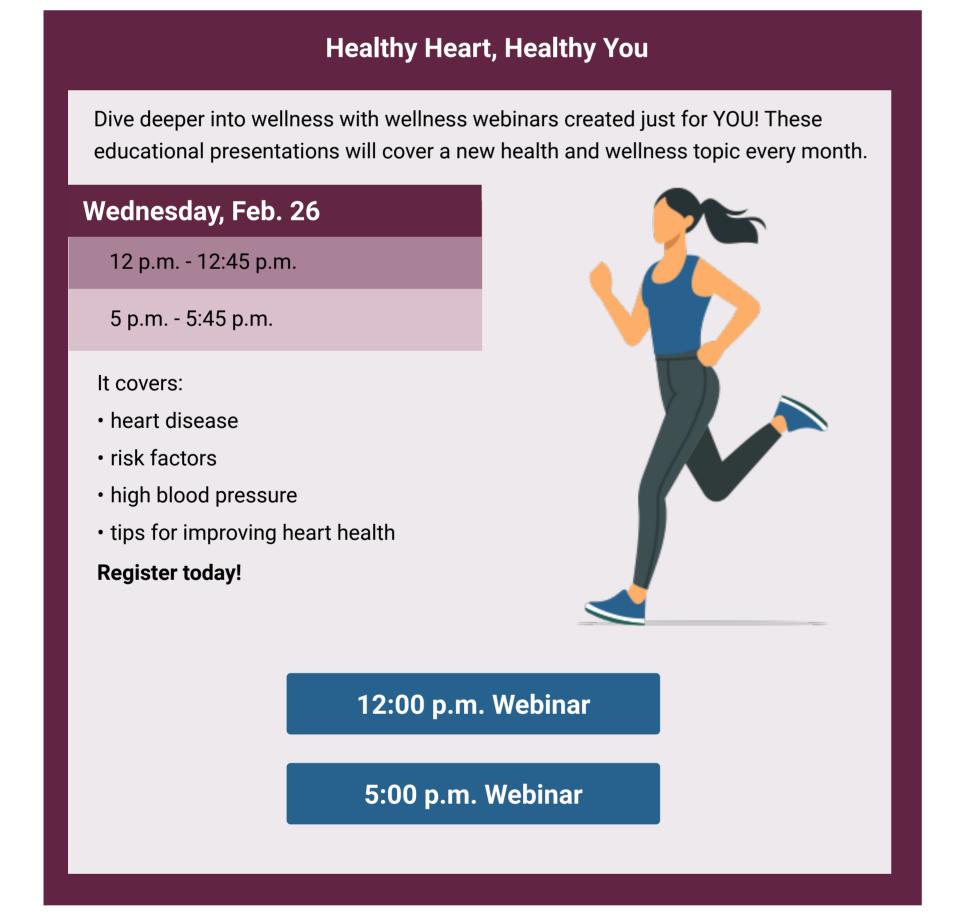


Eat your way to a healthy heart

A poor diet and lack of exercise can cause plaque to form in arteries. Plaque buildup can begin as early as adolescence. This paves the way for a possible heart attack.

There are lifestyle choices and changes you can make to lower your risk. **When** you control your risk factors, you help protect your heart. It's easy to get started.

Start Now



Use your benefits to get and stay heart healthy

Your TRS-ActiveCare plan offers you so much more than coverage for doctors' visits. It includes a variety of programs to help you take a well-rounded approach to your health and wellness at little to no extra cost.

 The Fitness Program: Get affordable, no-contract memberships at gyms nationwide. Choose what works best for you based on location, budget or personal preference.

Sign Up

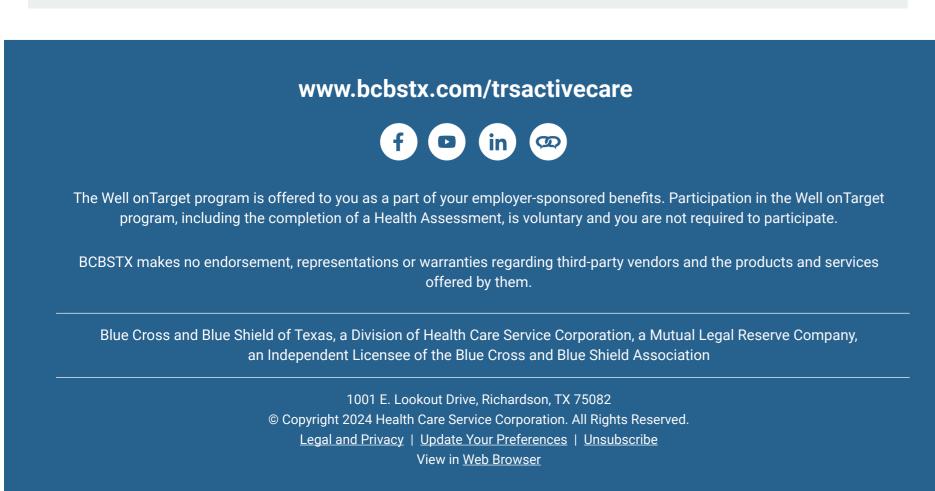
• Well onTarget® Wellness Coaching: What if you had access to a personal coach who could help you set and meet your health and wellness goals? You can work with a nutritionist, a fitness expert or another type of credentialed health expert for free.

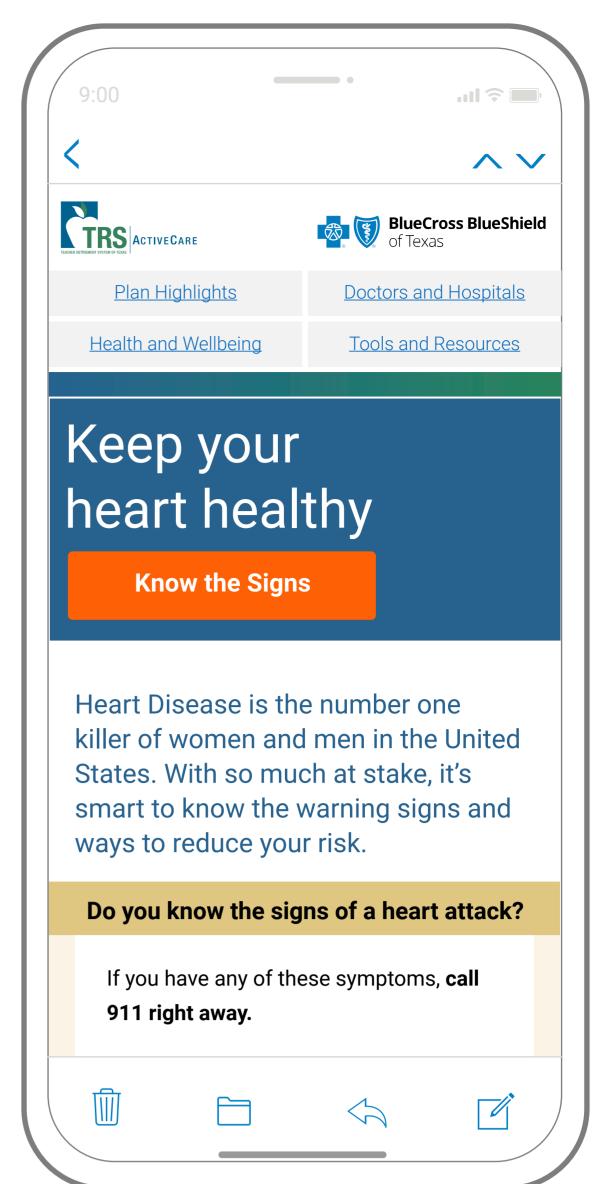
Sign Up

Have a question?



Call or chat with a plan specialist, anytime. Personal Health Guides are your plan experts. They help make your health plan easy to understand and help you maximize your benefits. Connect with a PHG by calling **1-866-355-5999** or chatting through the **BCBSTX App**.





TRS CARE

Keep your

heart healthy

Know the Signs