



# WOMEN'S AND FAMILY HEALTH

**Do you know about the women's health resources available with your TRS-ActiveCare plan?** No matter what stage of life you're in, we want to ensure you're well informed about pregnancy benefits, women's health resources, and maternity coverage.



## FIND AN OB-GYN

An obstetrician-gynecologist (OB-GYN) specializes in women's health care. That care includes pregnancy and childbirth, but also annual well-woman exams, preventive health screenings, hormonal disorders, and more. You can use [Provider Finder®](#) to search for an in-network OB-GYN that fits with your needs and values.

[Find Care](#)



## FERTILITY, PREGNANCY AND PARENTING SUPPORT

Ovia Health™ apps can help guide you through every step of your parenting journey.

- **Ovia Fertility** – Health and fertility
- **Ovia Pregnancy** – Pregnancy and postpartum
- **Ovia Parenting** – Family and working parents

If a clinician determines that a pregnancy is high risk, you can get additional support over the phone from a Blue Cross and Blue Shield of Texas (BCBSTX) maternity specialist.

TRS-ActiveCare plans also cover:

- **Electric breast pumps** limited to two per plan year at 100% (hospital grade breast pump rentals are covered up to \$150)
- **Lactation counseling**, limited to six visits per plan year, at 100%
- **Family planning services**, including contraception options

[Discover More](#)



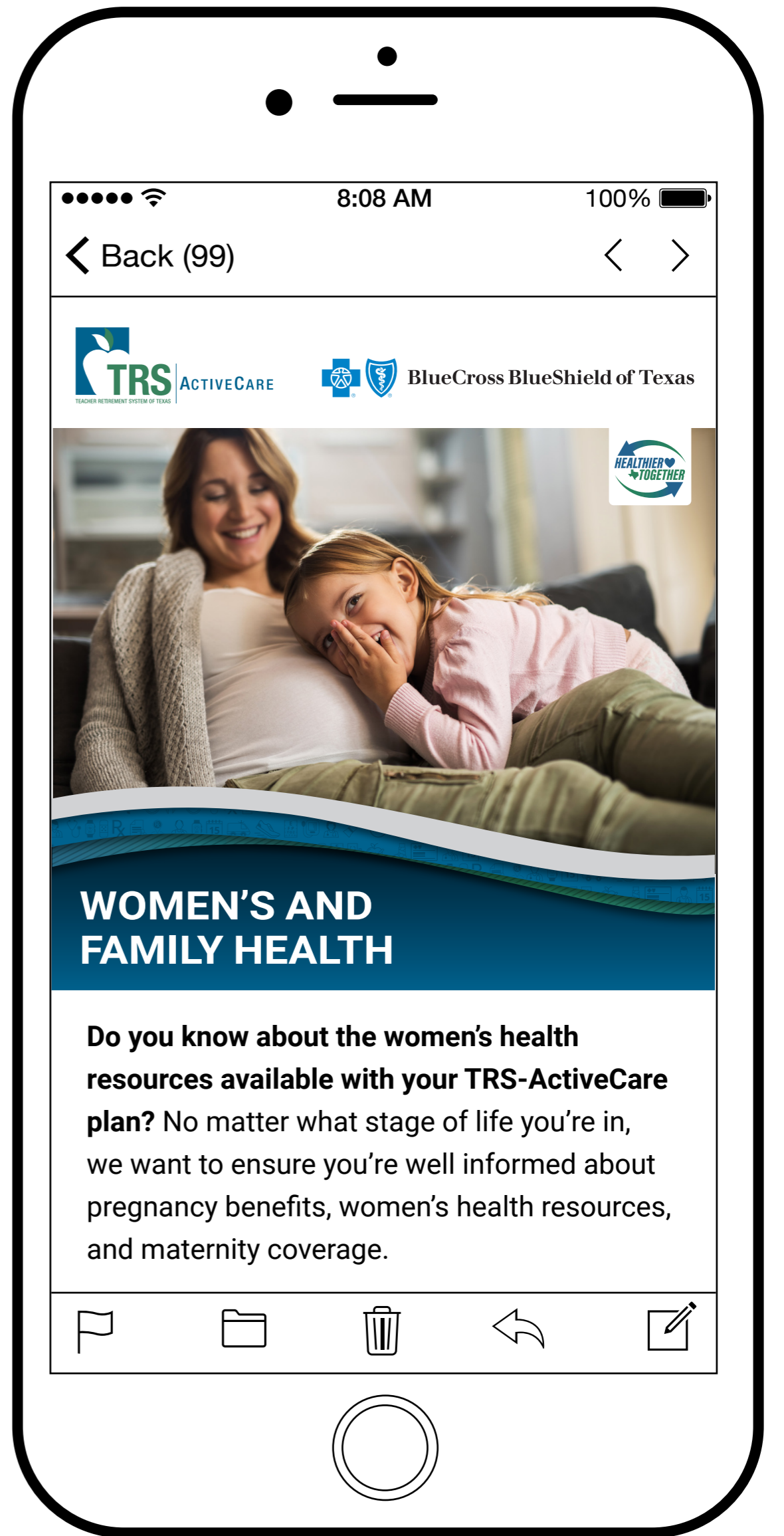
## MATERNITY COVERAGE

Maternity care is covered under global billing, meaning you aren't billed until after the baby is born. Depending on your specific TRS-ActiveCare health plan, copays and coinsurance may still apply to the first doctor's visit if you haven't met your deductible, or if you need a certain test or procedure outside of routine prenatal care.

If you have questions, connect with a Personal Health Guide 24/7 at [1-866-355-5999](tel:1-866-355-5999) or chat through the **BCBSTX App** to:

- Find an OB-GYN
- Add your newborn to your health plan within the first 31 days after birth
- Compare costs before an appointment if additional procedures are needed
- Get help with behavioral health or postpartum depression concerns
- And more much

[Review Coverage](#)



[www.bcbstx.com/trsactivecare](http://www.bcbstx.com/trsactivecare)



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