

You have no-cost wellness benefits | view in [Web Browser](#)

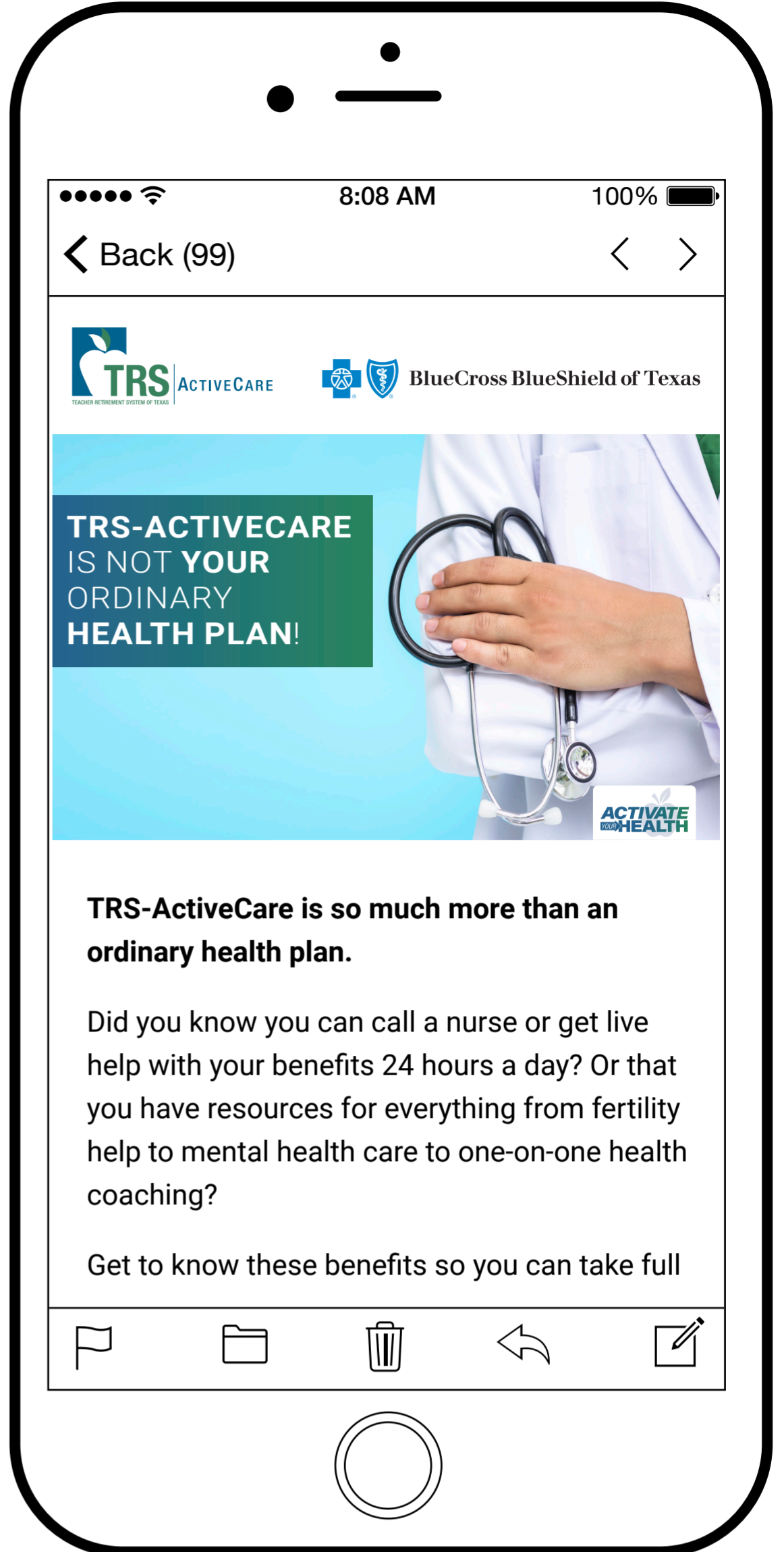


TRS-ActiveCare is so much more than an ordinary health plan.

Did you know you can call a nurse or get live help with your benefits 24 hours a day? Or that you have resources for everything from fertility help to mental health care to one-on-one health coaching?

Get to know these benefits included with your plan so you can take full advantage of your TRS-ActiveCare coverage. Find more information about these and other no-cost wellness-related benefits on the [TRS-ActiveCare website](#).

Personal Health Guides	Get around-the-clock help with benefits questions, finding in-network providers, cost estimates, and more. Call a Personal Health Guide (PHG) at 1-866-355-5999 or chat with a live PHG through the Blue Cross and Blue Shield of Texas (BCBSTX) App, 24 hours a day, seven days a week. Learn more here .
One-on-one Coaching	Work with credentialed health experts like dietitians, nurses, personal trainers, and other specialists to improve your health and meet your goals. Get started here .
Ovia Health®	Apps from Ovia Health provide help with everything from fertility to pregnancy to parenting. BCBSTX maternity specialists also offer personalized support for high-risk pregnancies.
TRS Virtual Health	With TRS Virtual Health , you can connect with a board-certified doctor over the phone or online to treat minor medical and mental health conditions or get a prescription filled.
Nurseline	Call the 24/7 Nurseline at 1-833-968-1770 with questions about fevers, burns, and other minor health issues.
Well onTarget®	The interactive Well onTarget program has personalized tools to help you get and stay healthy on your schedule.
Health Advisors	Health Advisors may call you after an injury, surgery, serious illness, new baby, or hospital stay. They'll work with you to get you the treatment, care and support you need. Get more information here .



www.bcbstx.com/trsactivecare

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The Well onTarget program is offered to you as a part of your employer-sponsored benefits. Participation in the Well onTarget program, including the completion of a Health Assessment, is voluntary and you are not required to participate. Visit Well onTarget for complete details and terms and conditions.

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®, Blue Shield® and the Cross and Shield Symbols are registered service marks of the Blue Cross and Blue Shield Association, an association of independent Blue Cross and Blue Shield Plans.

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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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