



You shouldn't have to wait for mental health care.



TRSACTIVECARE



BlueCross BlueShield
of Texas

Plan Highlights


Doctors and Hospitals

Health and Wellbeing

Tools and Resources

Finding a
Therapist is Easy!

Get Started!



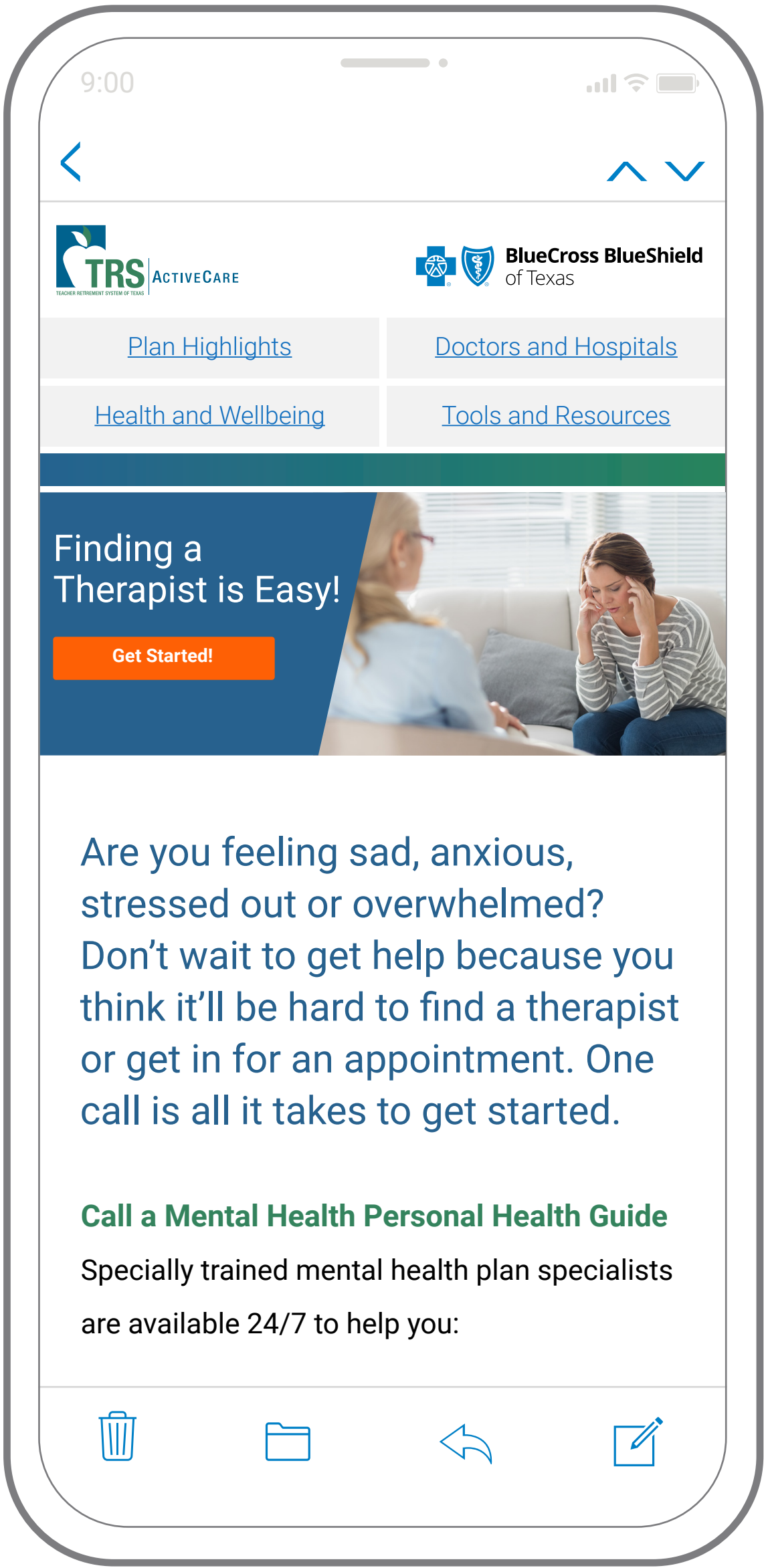
Are you feeling sad, anxious, stressed out or overwhelmed? Don't wait to get help because you think it'll be hard to find a therapist or get in for an appointment. One call is all it takes to get started.

Call a Mental Health Personal Health Guide

Specially trained mental health plan specialists are available 24/7 to help you:

- find a therapist or other mental health specialist or facility
- make an appointment
- provide details about your mental health benefits including copays and updated deductible and out-of-pocket maximum information

Call **1-866-355-5999** or chat with a mental health PHG in the BCBSTX App 24/7.



Find a Therapist

If you'd rather search for a mental health provider yourself, there are a few ways to do it:



- Use **Provider Finder** to find an in-network provider.
- Use Headway to find a therapist or other mental health professional quickly. All providers are in network and appointments are available within 48 hours.
- Use Teladoc for virtual mental health appointments from wherever you are. Appointments are \$0 with TRS-ActiveCare Primary and TRS-ActiveCare Primary+ plans.

Get Started!

Monthly Wellness Webinar

Taking Control of Your Stress

Wednesday, April 23

7 a.m. – 7:45 a.m.

Noon – 12:45 p.m.

This presentation about Taking Control of Your Stress will cover:

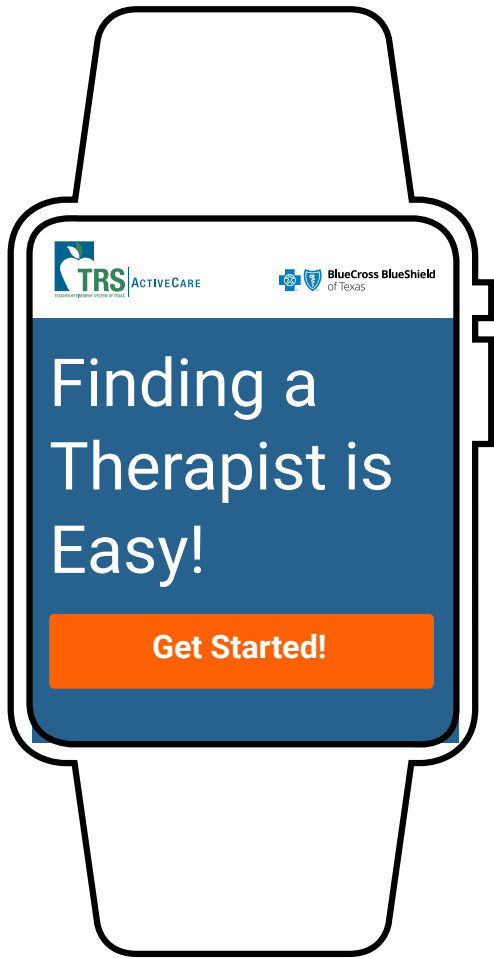
- causes of stress
- effects of stress
- mood, food and stress
- stress management tips



Register today!

7 a.m. Webinar

Noon Webinar



www.bcbstx.com/trsactivecare



Teladoc is an independent company that has contracted with Blue Cross and Blue Shield of Texas to provide virtual medical care for members with coverage through BCBSTX.

Headway is a separate company that has contracted with Blue Cross and Blue Shield of Texas to provide behavioral health management for members with coverage through BCBSTX.

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