

This is my TRS-ActiveCare story



One minute I was playing basketball with my friends and the next I was on the ground with chest pain. At the ER, the doctor told me I had heart disease.

High blood pressure runs in my family. And my diet is not the greatest, so that means I have two of the main risk factors for heart issues. I'm pretty active, but I wasn't doing what I should to be healthy. I'm embarrassed to say I was behind on my preventive care. The ER doctor gave me a hard time for that.



He also said I was lucky I didn't have a massive heart attack, and my friends probably saved my life when they acted so quickly to get me to the hospital. I didn't know heart issues are more common than ever for younger men. I made a commitment that day to treat myself better and remind other teachers to take care of themselves.

TRS-ActiveCare makes it easy. I can work one-on-one with a nutritionist or coach to stop smoking or lower my cholesterol – and it's included in my plan! The Fitness Program has affordable in-person and digital memberships, so I have time to work out. The number on the back of my ID card is a goldmine. I can call for help finding a doctor, comparing costs, getting referrals, and making an appointment. **Who takes care of you like that?**



TRS-ActiveCare does.

[Make an Appointment](#)

www.bcbstx.com/trsactivecare



Anthony's story is an example to show how TRS-ActiveCare coverage can work for you in a similar situation. He is not an actual participant.

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