This is my TRS-ActiveCare story



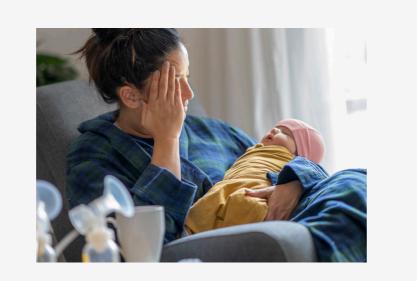


BlueCross BlueShield of Texas



I had an easy pregnancy, but after my daughter was born, it got a little rough.

I was struggling with breastfeeding, barely sleeping or eating, and was anxious and sad all the time. I felt disconnected — from myself and my baby. I didn't know what was happening to me. But my doctor quickly told me what was wrong.



	8:08 AM	100% 🔳
〈 Back (99)		$\langle \rangle$
TEACHER RETIREMENT SYSTEM OF TEAS	RE 🔯 🗑 BlueCross	BlueShield of Texas
THIS IS MY TRS-ACTIVE STORY	CARE	

myself and my baby. I didn't know what was happening to me. But my doctor quickly

 $\overline{}$



I have so many benefits through my health plan, like no-cost breastfeeding support and supplies. Mental health care includes virtual therapy so I can make appointments during my daughter's naptime. A Personal Health Guide even helped me find a Mommy & Me yoga class through the fitness program. **Who treats you like that?** It turns out I had postpartum depression and a hormonal imbalance. I had no idea how common these are and how many moms suffer because they don't speak up. I'm lucky I was diagnosed early so I could get help and get back to myself. And I'm really lucky to have TRS-ActiveCare.





TRS-ActiveCare does.

Make an Appointment

www.bcbstx.com/trsactivecare





Sarah'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.

Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

1001 E. Lookout Drive, Richardson, TX 75082 © Copyright 2023 Health Care Service Corporation. All Rights Reserved. Legal and Privacy | Non-Discrimination Notice | Language Assistance | Update Your Preferences | Unsubscribe View in <u>Web Browser</u>