

This is my TRS-ActiveCare story



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.



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.

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?**



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 Web Browser

