

You're paying too much for your health care | view in [Web Browser](#)



Are you using all of the resources you could be to save money on your health care? If you don't know about these TRS-ActiveCare benefits, you might not be.

All TRS-ActiveCare plans were designed to provide you with great features and benefits above and beyond preventive care and coverage when you're sick. These tips can help you make the most of your health care spending.

Telemedicine

You can't beat the convenience of getting care without leaving work, home, or school! Telemedicine is a key feature of TRS-ActiveCare plans. You can access this care in two ways:

1. **Make an appointment** with Teladoc® or RediMD™.

All TRS-ActiveCare health plans include TRS Virtual Health powered by Teladoc and RediMD, so you can see a board-certified doctor or therapist when you need it, wherever you are.

- Get round-the-clock care for minor medical conditions like cold and headaches, flu symptoms, infections, minor burns, and allergic reactions.
- With Teladoc, you can also get help for non-urgent mental health conditions like anxiety and depression.
- Both Teladoc and RediMD can prescribe medications and have them sent to your pharmacy of choice when needed.

2. **Check with your doctor**

Some doctors also offer telemedicine. Reach out to your doctor to see if virtual appointments are available. [Learn more.](#)

Cost Estimator Tools

Save money with the Cost Estimator Tool in Provider Finder®. You can estimate the out-of-pocket costs of more than 1,600 procedures, treatments, and tests before you head to the doctor. Before you fill a prescription, you can also use the CVS Cost Estimator Tool to see if your medication is covered and what it'll cost based on your plan. [Learn more.](#)

Personal Health Guides

Seeing an out-of-network provider can cost you hundreds or even thousands of dollars, depending on the visit or procedure. One easy way to make sure you stay in network is to ask a Personal Health Guide (PHG) for help finding a provider.

A PHG can also help you understand and use your benefits, schedule health care appointments, and compare cost estimates.

You can call or chat with a PHG 24/7! [Learn more.](#)

Fitness Program

As a TRS-ActiveCare participant, the Fitness Program is available to you and your covered dependents (age 16 and older). You'll get access to a wide range of facilities across the country, including boutique-style classes, and specialty gyms.

There's also a digital-only Fitness Program with thousands of fitness videos and live classes you can take advantage of from home. [Learn more.](#)

There are many more ways you can save money with your TRS-ActiveCare plan. Get more information about cost-saving tools at the link below!

[Learn More](#)

www.bcbstx.com/trsactivecare

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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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