



### Superintendent Dr. Sue Perb Health

You may be out of office, but your benefits aren't. School's out, and it's time to take care of you. Summer's been voted "the best time for teachers to use their health benefits."

Your TRS-ActiveCare plan has:

- copays for doctor visits before you meet your deductible
- a statewide network
- referral requirement to see specialists
- no out-of-network coverage
- \$0 Teladoc® virtual mental health visits
- a variety of health and wellness programs at little to no extra cost
- easy ways to help you save money

Use your benefits to your advantage and you'll be voted "most likely to feel their best this summer."

 <b>Principal Pat Checkup</b> <i>"Most likely to remind you to schedule your annual wellness visit"</i> See you next year! Don't forget to catch up on your preventive care over break. Make time to visit with your <a href="#">Primary Care Provider</a> and get your routine screenings so you'll come back to class knowing you're healthy.	 <b>Nurse Justine Case</b> <i>"Most likely to know where to get care on vacation"</i> From hallways to at home and on holiday, get quality health care without going to a doctor's office using <a href="#">TRS Virtual health</a> . Know <a href="#">Where To Go for Care</a> so you can take the best course of action <i>just in case</i> you get sick this summer.	 <b>Mrs. Hope Full</b> <i>"Most likely to brighten your day"</i> Class dismissed. Self-care assigned. Return to school refreshed and ready to make great memories. Talk to a therapist or other mental health provider in-person or virtually for <a href="#">\$0 when you use Teladoc</a> .
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 <b>Coach Jim Shorts</b> <i>"Most likely to be found in the gym, even during summer break"</i> Less desk. More Stretch. Get affordable, no-contract memberships at gyms nationwide with the <a href="#">Fitness Program</a> . Choose what works best for you based on location, budget or personal preference. There's even a virtual-only option.	 <b>Mr. Mac N. Nutrients</b> <i>"Most likely to calculate the glycemic index of a graduation gown"</i> Water or soda? Binge watching or brisk walking? Work with a nutritionist, fitness expert or another type of <a href="#">certified health expert for free</a> so you can bring healthy habits to school next year.	 <b>Mr. Logan In</b> <i>"Least likely to use paper"</i> Don't spend summer break surfing a sea of paper. Get all the info you'll need on your phone or computer, including your digital ID card, using <a href="#">Blue Access for Members</a> ™ or the BCBSTX App. Opt in to <a href="#">get text messages</a> so you're never waiting on the mail man for important information.
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 <b>Ms. Penny Ledger</b> <i>"Most likely to stash cash"</i> If you're already planning to see a provider, catch up on screenings, get scans (like an MRI or X-Ray) or have a surgery or procedure, you might as well <b>save money AND earn a reward while you do it</b> . Get up to <b>\$599 per year</b> for shopping for a cost-effective, trusted provider or facility using <a href="#">Member Rewards</a> .
 <b>Ally B. Helpful</b> <i>"Most likely to answer every question"</i> Your health benefits aren't a pop quiz. Call a Personal Health Guide for help. PHGs are your medical plan experts. They make your health plan easy to use and help you get the most from your benefits. Connect with a PHG by calling <a href="#">1-866-355-5999</a> or chatting through the <a href="#">BCBSTX App</a> .

**Better Sleep for Better Health Wellness Webinar**

**Wednesday, May 20**

8 - 8:45 a.m.	5 - 5:45 p.m.
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This presentation covers:

- how much sleep you need
- why quality sleep is important
- common sleep disorders
- tips for better sleep

[Register Today!](#)