



See a therapist from wherever you are for \$0.

 **TR**S ACTIVECARE
TEACHER RETIREMENT SYSTEM OF TEXAS

 **BlueCross BlueShield**
of Texas

Plan Highlights


Doctors and Hospitals

Health and Wellbeing

Tools and Resources

You have \$0 virtual mental health care.

Find a Provider!




Getting mental health care should be as easy as getting care for any other ailment. With your TRS-ActiveCare plan, it is!

Teladoc®, the same provider you use for virtual doctor’s appointments, also has virtual mental health care, and it won’t cost you a dime! See a therapist or other mental health professional from wherever you are. Appointments are available seven days a week, from 7 a.m. – 9 p.m. for you and your covered dependents 13 and older.

Other ways to get mental health care

You can also get care with your TRS-ActiveCare plan by:

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- calling **1-866-355-5999** to talk to a Personal Health Guide or chatting in the BCBSTX App 24/7. A mental health PHG can help you find a therapist, make an appointment, and explain your benefits.
 - accessing **Provider Finder®** to find an in-network provider
 - using Headway to find a therapist or other mental health professional for appointments within 48 hours
 - using Well onTarget® for one-on-one coaching for stress management and post-partum care
 - exploring Learn to Live for self-paced cognitive behavioral therapy with online support for depression, anxiety, substance use and more

Find a Provider!

Monthly Wellness Webinar

Women’s Way to Wellness

Wednesday, May 21

Noon – 12:45 p.m.

5 p.m. – 5:45 p.m.

This presentation about Women’s Way to Wellness will cover:

- screenings and immunizations
- women’s health concerns
- wellness resources to help you stay healthy



Register today!

Noon Webinar

5 p.m. Webinar

www.bcbstx.com/trsactivecare



The Well onTarget program is offered to you as a part of your employer-sponsored benefits. Participation in the Well onTarget program, including the completion of a Health Assessment, is voluntary and you are not required to participate.

Headway is a separate company that has contracted with Blue Cross and Blue Shield of Texas to provide behavioral health management for members with coverage through BCBSTX.

Teladoc is an independent company that has contracted with Blue Cross and Blue Shield of Texas to provide virtual medical care for members with coverage through BCBSTX.

BCBSTX makes no endorsement, representations or warranties regarding third-party vendors and the products and services offered by them.

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