

Use these cost-saving tools | View in [Web Browser](#)



When it comes to choosing your health insurance plan, comprehensive coverage is critical, and the amount you spend needs to make sense. That's why we've designed TRS-ActiveCare plans with valuable tools, resources, and programs that focus on health and wellness to save you money.

Take a look at some of the essential features of the 2022-23 TRS-ActiveCare plans:

Cost estimates before an appointment

Wouldn't it be nice to know what a doctor visit or procedure will cost beforehand? The Provider Finder® Health Cost Estimator can help you make more informed health care choices by letting you check costs ahead of time.

Low-cost mental health options

Because we know mental health is as important as physical health, you have:

- \$30 copays for mental health appointments with in-network providers
- \$0 online support through Learn to Live, offering cognitive behavioral therapy lessons and one-on-one coaching

Specialty medicine coverage

With the new PrudentRx specialty drug assistance program, specific prescriptions are at no cost, potentially saving you tens of thousands of dollars, or more!* Many health plans either don't have specialty medicine coverage or their coverage is so limited it could bankrupt you.

Care wherever you are

TRS Virtual Health is easy and convenient and includes mental health care.

More doctors than any other network

It's easy to find a provider, and 90% of Texas hospitals are in Blue Cross and Blue Shield of Texas' provider networks.

No-cost, one-on-one coaching programs

Work with a registered dietician, fitness counselor, or weight loss specialist. Or get help with cholesterol, stress management, and other conditions. It's all included in your TRS-ActiveCare plan.

Customizable fitness options

Choose from gyms all over the country with online and hybrid fitness plan options through the Fitness Program.

Support for fertility, pregnancy and parenting

Ovia Health™ apps are available. Your health plan also offers no-cost breastfeeding support and supplies.

Live support 24/7

Your TRS-ActiveCare health plan includes \$0 cost Personal Health Guides (PHGs) who can help you find providers, make doctor's appointments, do cost estimates, answer claims and benefits questions, and more.

Call a PHG 24/7 at **1-866-355-5999** or chat through the **BCBSTX App**, 24 hours a day, seven days a week. The app is available in the [Apple App Store](#) and [Google Play Store](#).

These features are just a taste of the benefits designed to help you get and stay healthy while saving you money this year. Learn more about the 2022-23 TRS-ActiveCare plans [here](#).

[Get Plan Highlights](#)

www.bcbstx.com/trsactivecare



*The PrudentRx program is not included with TRS-ActiveCare HD plan.

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1001 E. Lookout Drive, Richardson, TX 75082

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