



Learn about your plan options.



TRSSTEACHER RETIREMENT SYSTEM OF TEXAS

ACTIVECARE



BlueCross BlueShield
of Texas

Plan Highlights


Doctors and Hospitals

Health and Wellbeing

Tools and Resources

Annual Enrollment is coming!

Learn more



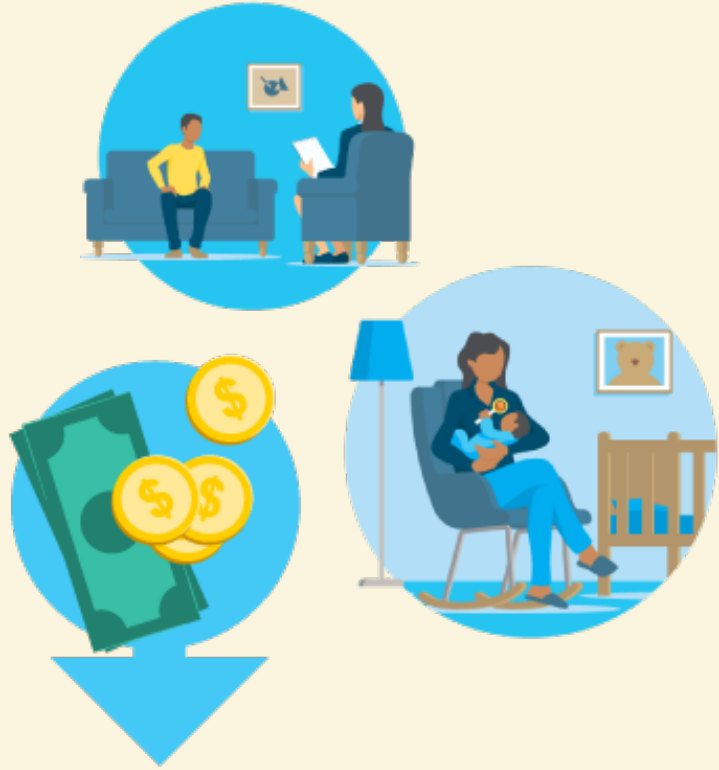
Annual Enrollment is July 7 – Aug. 15.

Enrollment dates may vary. Check with your employer.

Your 2025-26 TRS-ActiveCare plan information is here!

Get to know your options so you can make the smartest choice for you and your family when Annual Enrollment opens soon. Remember, Annual Enrollment is the only time of year you can choose your health plan.* If you don't choose a plan, you'll be enrolled in the same plan you had for 2024-25.

Like always, TRS-ActiveCare plans include:



- 100% covered preventive care
- broad provider networks
- extensive mental health benefits
- specialty drug coverage
- wellness benefits including \$0 cost one-on-one health coaching; Ovia Health™ for prenatal care, pregnancy, parenting and menopause support; and the Fitness Program

What's New and What's Changing?

All TRS-ActiveCare plans

- New for 2025-26, Member Rewards now includes rewards for using top-performing Primary Care Providers and specialists. Look for the **Top Performing Physician** badge in Provider Finder®.
 - TRS-ActiveCare Primary, TRS-ActiveCare Primary+, and TRS-ActiveCare 2 participants can use Member Rewards for future medical or pharmacy expenses.
 - TRS-ActiveCare HD participants can use Member Rewards toward the cost of future dental and vision services.

TRS-ActiveCare HD

- Individual and family maximum out of pocket increased to meet IRS guidelines.
- Individual and family deductibles increased to comply with IRS HSA requirements.

TRS-ActiveCare Primary and TRS-ActiveCare Primary+

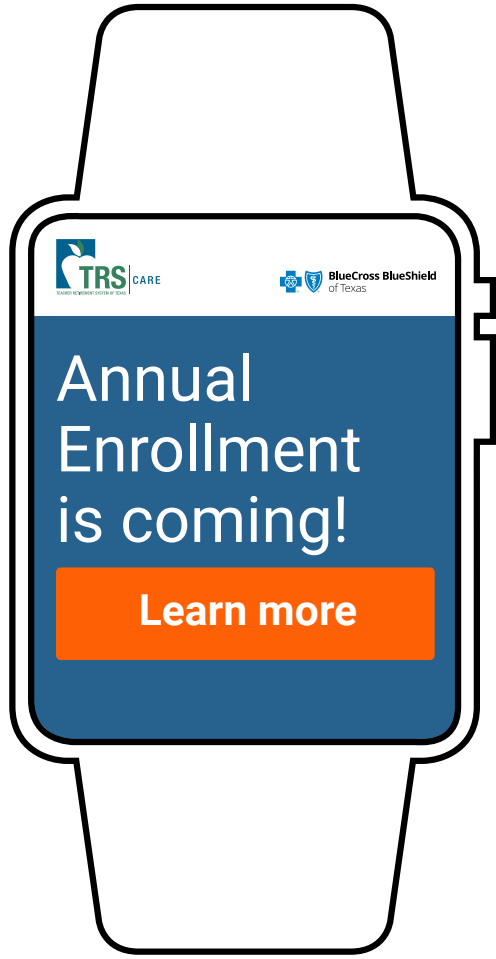
- TRS-ActiveCare Primary and TRS-ActiveCare Primary+ plans no longer require a referral for these specialties:
 - dermatologist visits
 - eye exams (both routine and diagnostic)
 - physical therapy

The Airrosti Remote Recovery Program is now available for all regions. Airrosti offers no-cost virtual physical therapy services focused on chronic pain relief for:

- back
 - neck
 - shoulder
- knee
 - arm
 - foot
- hip
 - wrist
 - and more

Pick your plan!

*You can change your plan if you have a qualifying event like a marriage, divorce, job change or birth of a child. Connect with a Personal Health Guide at **1-866-355-5999**, or on the BCBSTX App for more information.



www.bcbstx.com/trsactivecare



The Fitness Program is provided by Tivity Health, an independent contractor which administers the Prime Network of fitness centers. The Prime Network is made up of independently-owned and managed fitness centers.

Ovia Health is an independent company that has contracted with Blue Cross and Blue Shield of Texas to provide maternity and family benefits solutions for members with coverage through BCBSTX.

Airrosti is a separate company that has contracted with Blue Cross and Blue Shield of Texas to provide back and joint pain resolution services 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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