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# FOCUS ON YOUR WELLNESS

**Nothing is more important than your health and wellness.** But is your plan focused on getting and keeping you healthy—or just treating you when you're not?

[Explore Wellness](#)

We know we're **Healthier Together**. So, we designed the 2021-22 TRS-ActiveCare plans administered by Blue Cross and Blue Shield of Texas (BCBSTX) around wellness-focused benefits that prioritize your health, give you the support you need, and make it easy to use your benefits. That means:

- Your **preventive care is 100% covered**.
- You have access to **no-cost, one-on-one coaching for cholesterol, stress management, nutrition**, and other critical wellness-focused issues.
- You can see a doctor and even **get mental health help without having to leave home**.

These are just a few ways the TRS-ActiveCare plans promote wellness and preventive care while offering valuable benefits and savings.

**With TRS-ActiveCare, the wellness benefits are incomparable. Other key wellness benefits of the TRS-ActiveCare plans include:**

- **Call 1-866-355-5999 to talk to a Personal Health Guide (PHG) 24/7** for help finding the best plan for you now and help managing your coverage later. You can also chat with a PHG anytime day or night. The app is available in the [Apple App Store](#) and [Google Play Store](#).
- **Get a gym membership for as low as \$19 a month.** Choose from gyms all over the country as well as online and hybrid fitness plan options.
- **Get care from wherever you are** with TRS Virtual Health.
- **Get enhanced support** managing chronic conditions.
- **Get mental health benefits**, including in-patient, outpatient, and virtual options.
- **Get no-cost, one-on-one coaching** with a registered dietician, fitness counselor, or weight loss specialist. There are also coaching programs for stress management, smoking cessation, and other critical wellness goals.
- **Use CVS Caremark® Mail Order Pharmacy** to get medications delivered to your doorstep. It's convenient, contactless, and may also save you money.
- **Call the 24/7 Nurseline at 1-833-968-1770** for answers about minor health issues instead of going to the emergency room or urgent care center.

[Explore Wellness](#)

[www.bcbstx.com/trsactivecare](http://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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