

TRS-ActiveCare plans focus on wellness | view in [Web Browser](#)



# GET FIT AND STAY WELL!

Your fitness is a vital part of your overall wellness. But are fitness and wellness benefits covered by TRS-ActiveCare health plans? **They are!**

[Get Fit](#)

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) to include the kinds of wellness-focused benefits you want. That means:

- You can get a **gym membership for as low as \$19 a month.**
- You can get **support during pregnancy, having a healthy baby, and parenting.**
- 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 bring you savings while focusing on valuable benefits.

**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 with a Personal Health Guide (PHG) 24/7.** Get 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](#).
- **Choose from gyms all over the country as well as online** and hybrid options.
- **Get care from wherever you are** with TRS Virtual Health.
- **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.
- **Get support with fertility, pregnancy and parenting**, including breastfeeding support and supplies, with the [Ovia Health](#) apps and maternity care.

[Get Fit](#)

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

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To get help and information in your language at no cost, call the customer service number on the back of your member card, or see our [Language Assistance page](#) for more information.

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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