Check out our new how-to videos!

TRS | ACTIVECARE
TEACHER RETIREMENT SYSTEM OF TEXAS

BlueCross BlueShield of Texas

| Plan Highlights | Doctors and Hospitals | Health and Wellbeing | Tools and Resources |
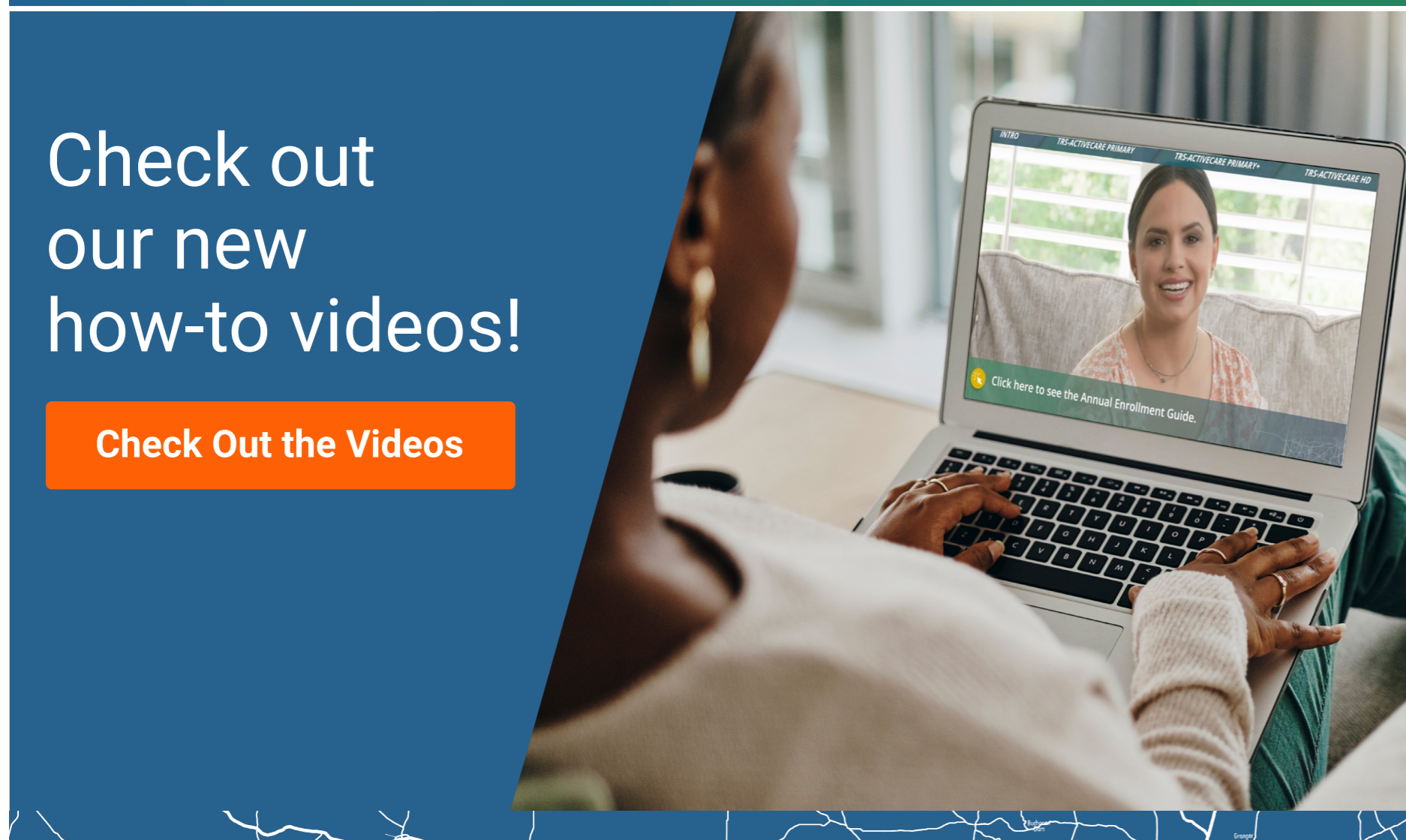
Check out our new how-to videos!

Check Out the Videos

Wondering how to get a digital copy of your ID card or use TRS Virtual Health? Confused about how to get prior authorization? Want to know the easiest way to find a provider in your area, get help with your plan around the clock or get mental health care?

You asked for more detailed information about how to use your coverage, and we listened. Now that the 2023-24 plan year is here, you have more than two dozen short, bite-sized "How to" videos that walk you through these and other useful coverage-related tasks!

Visit the **TRS-ActiveCare website** to learn how to:

- Start using your benefits
- Choose or change your Primary Care Provider
- Download the app
- Get help with your plan 24/7
- Get your ID card
- Get a referral
- Compare costs
- Save money with Member Rewards
- Get $0 preventive care
- Get mental health care
- Use TRS Virtual Health
- Work with a no-cost health coach
- Use the Fitness Program
- Figure out where to go for care
- Get prior authorization
- Understand the terminology

You can also revisit the **Annual Enrollment videos** for plan, premium, maximum out of pocket, and overall insurance cost information.

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