

New Plan Year

News and updates for participants

September 2026

Your TRS-ActiveCare Primary x Arlington ISD plan

Welcome to your 2026-27 TRS-ActiveCare Primary x Arlington ISD plan. Your plan year has begun, and we want to make sure you know about your benefits and how to use them. Be sure to save this email so it's handy when you need to **find important coverage information!**

Read More



New Here? Start Here.
 Grab a pencil and take your seat! Everything you need to get started with your TRS-ActiveCare plan is all in one place.

Get Started



Care for the Whole Family
 Your plan provides support for your whole family's health in every stage of life, covered at 100%.

Learn More



Save and Earn Cash with Member Rewards
What could you do with an extra \$599? That's how much you could earn per year when you use Member Rewards to compare costs and shop for quality providers or facilities for your health care.

Learn More

Where To Go For Care

You're fighting allergies. Or fire ants. Or Bunsen burners. No matter what's ailing you, knowing where to go for care is critical. Going to the wrong place could delay your care, cost you more (A LOT more!) or both.

These can help. Print your favorite for your corkboard at school, or the fridge at home.



Still need help? Call the 24/7 Nurseline at [1-833-968-1770](tel:1-833-968-1770).



TRS Virtual Health
 Your coverage includes TRS Virtual Health powered by Teladoc® and RedMD™, 24/7. Get convenient, quality health care from home or on the go, without going to a doctor's office.

Learn More



Reduce your stress
 Is stress bubbling up inside you, making you feel sad, angry or anxious? It can also be the cause of your headache, muscle tension, upset stomach and trouble sleeping. Don't wait another day for help.

Get Care

Get Well with TRS-ActiveCare

Your TRS-ActiveCare plan offers you so much more than coverage for doctors' visits. It includes a variety of programs to help you take a well-rounded approach to your health and wellness **at little to no extra cost.**



The Fitness Program
 Get affordable, no-contract memberships at gyms nationwide. Choose what works best for you based on location, budget or personal preference.

Join today



Well onTarget® Wellness Coaching:
 What if you had access to a personal coach who could help you set and meet your health and wellness goals? You can work with a nutritionist, a fitness expert or another type of credentialed health expert *for free.*

Sign Up



Airosti Remote Recovery
 You can get physical therapy services to fix muscle and joint pain fast – at no added cost. Airosti focuses on chronic pain relief through a variety of at-home exercises and physical therapy.

Sign up for free



Finding a Provider
Did you know that having a relationship with a Primary Care Provider can lead to a longer, healthier life? Get to know your PCP and schedule your annual wellness exam. It could prevent both minor and serious illnesses.

Find a PCP



Prescription Drug Benefits
 Your plan includes prescription drug benefits administered by Express Scripts by Evernorth. **You have options for filling prescriptions and saving on your medications.**

Learn More

www.bcbstx.com/trsactivecare



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The Fitness Program is provided by TruFit 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.

The Well onTarget program is offered to you as a part of your employer-sponsored benefits. Participation in the Well onTarget program, including the completion of a Health Assessment, is voluntary and you are not required to participate.

Airosti 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.

Express Scripts and its contracting pharmacies are independent companies that may contract directly with employer groups to provide pharmacy benefits administration and are solely responsible for the products and services they offer.

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