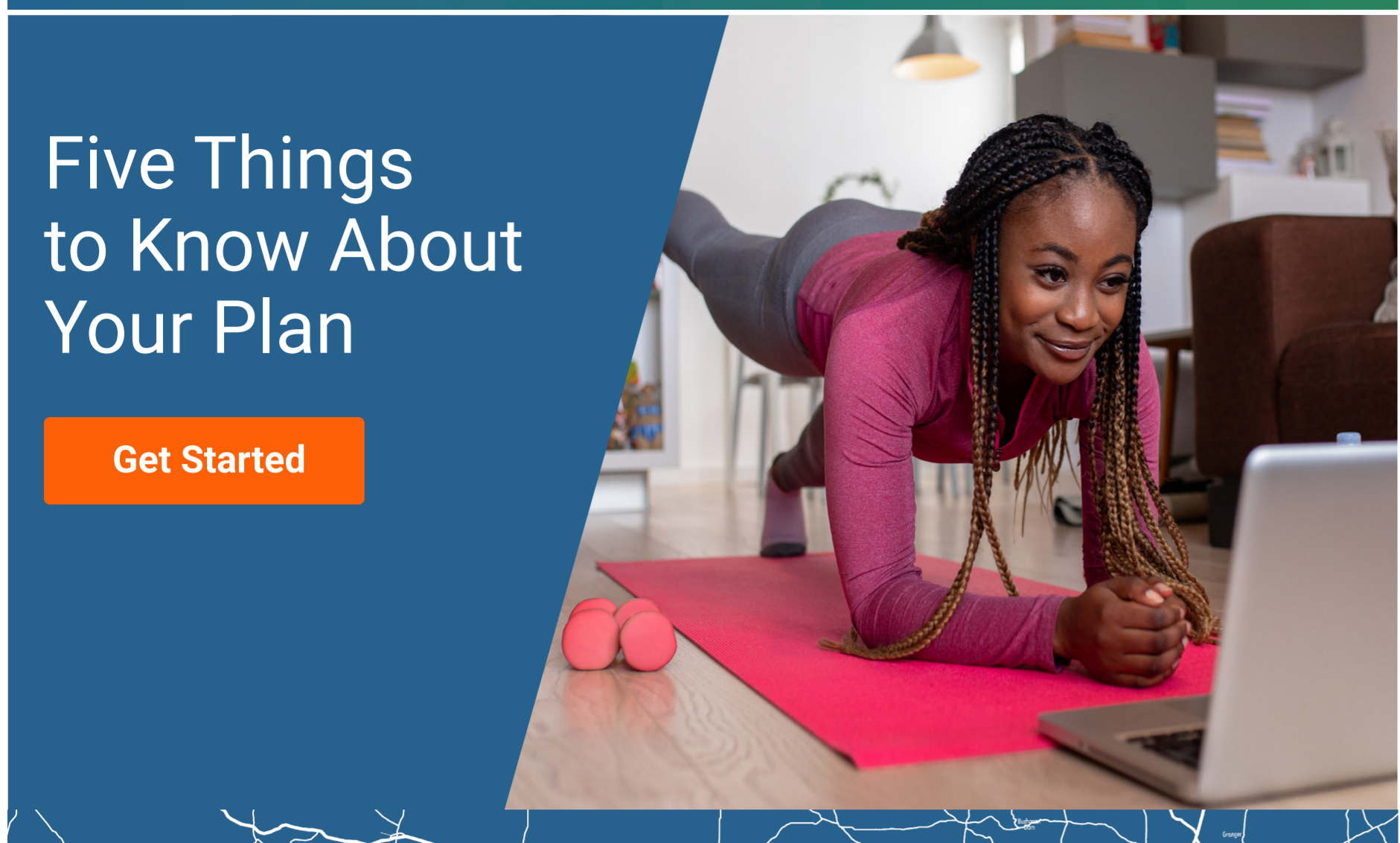


Get the most out of your plan this year



- [Plan Highlights](#)
- [Doctors and Hospitals](#)
- [Health and Wellbeing](#)
- [Tools and Resources](#)



You've picked your plan. Now it's time to get the most out of your benefits!

Here are five things you **didn't know** come with your health plan!

Did You Know...

1

You can work with a registered dietician for no cost?

That's right! You have access to a personal coach to help you set and meet your health and wellness goals through [Well onTarget® Wellness Coaching](#). Coaches are credentialed health experts, including dietitians, nurses, personal trainers, and other specialists. They can help you:



- manage stress
- improve your fitness level and dietary habits
- lose or maintain weight
- improve your cholesterol and blood pressure

2

You can be rewarded for wellness?

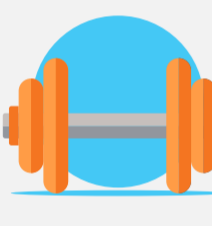
Blue PointsSM lets you earn rewards when you regularly participate in healthy activities like completing a health assessment or self-guided course with Well onTarget and taking a fitness class at home or the gym through [The Fitness Program](#). Redeem your points in the online shopping mall when you're ready to treat yourself.



3

You can save money on health and wellness products not covered by insurance?

Need a new pair of tennis shoes, fitness equipment or membership? Maybe you're thinking about getting LASIK eye surgery or using a meal delivery subscription. You can save money on all that and more with [Blue365®](#). It's free to join. Start saving money today!



4

You have plan specialists available 24/7 by phone and chat?

Personal Health Guides (PHGs) are your plan experts. They're here for you 24/7. Call [1-866-355-5999](#) or chat through the BCBSTX App. PHGs can help you:



- find in-network providers
- make a doctor's appointment
- figure out costs for a procedure or medication
- save money with cost comparisons
- make sense of medical bills
- understand plan features
- get mental health care

5

Your plan includes concierge service with Health Advisors?

Get extra support for complex health issues from a Health Advisor. They may call you or a covered family member after an injury, surgery, serious illness, or hospital stay. Health Advisors are nurses and other medical professionals who help you stay as healthy as possible by helping you:

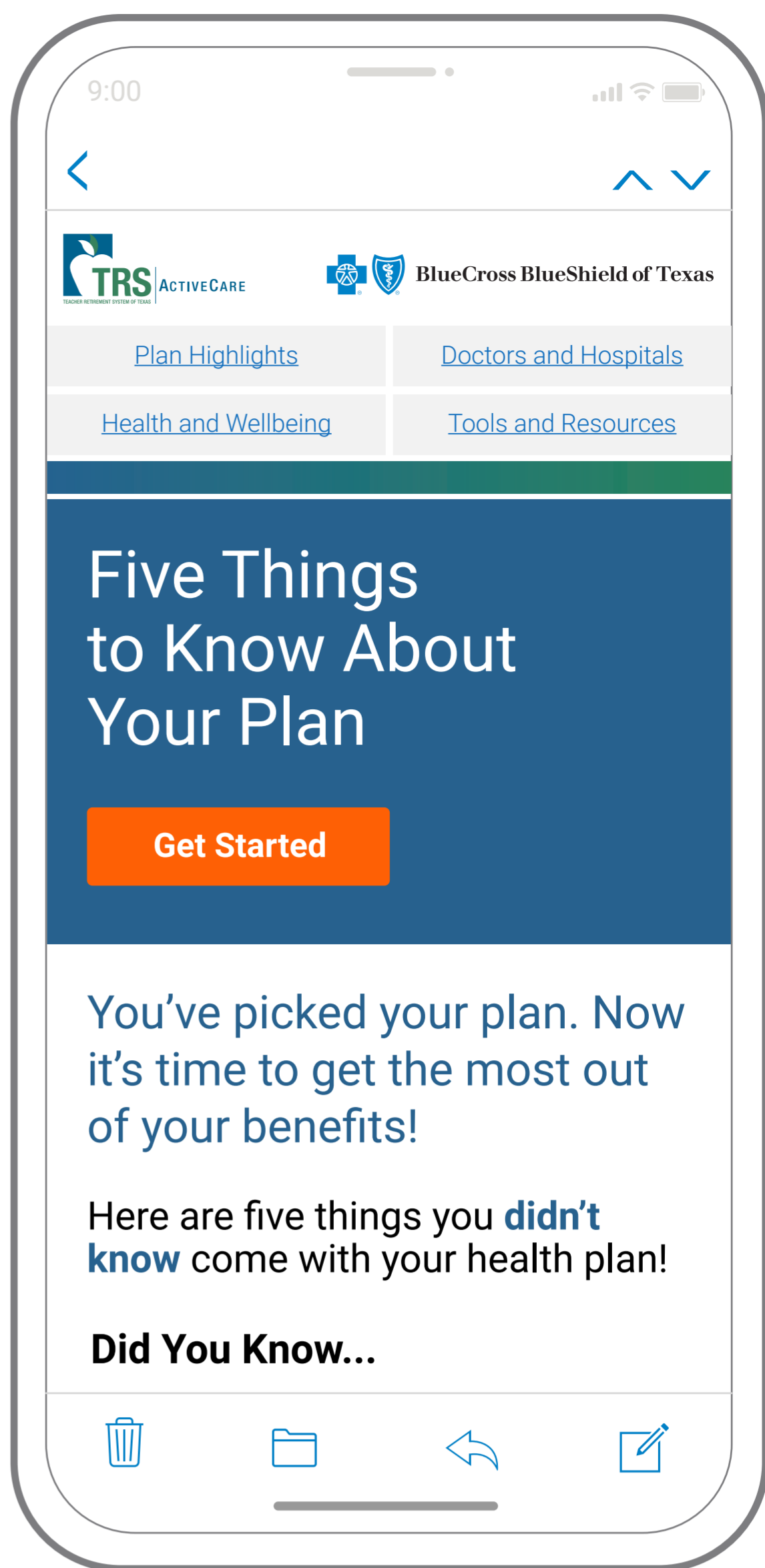


- learn how to manage a chronic condition
- get the care you need for serious illnesses or injuries
- manage a high-risk pregnancy
- if you've been in the hospital or had a major surgery

A Health Advisor can also make appointments for you for things like follow-ups and physical therapy. Call a Health Advisor at [1-866-355-5999](#) and **choose option 2**, Monday through Friday between 7 a.m. and 6 p.m.

Your TRS-ActiveCare plan includes all this and more! Learn about what your plan can do for you!

[Get Started](#)



www.bcbstx.com/trsactivecare



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. Visit Well onTarget for complete details and terms and conditions. AlwaysOn is owned and operated by Onlife Health Inc. an independent company that has contracted with Blue Cross and Blue Shield of Texas to provide digital health management 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.

Blue365 is a discount program only for BCBSTX members. This is NOT insurance. Some of the services offered through this program may be covered under your health plan. You should check your benefits booklet or call the customer service number on the back of your ID card for specific benefit facts. Use of Blue365 does not change monthly payments, nor do costs of the services or products count toward any maximums and/or plan deductibles. Discounts are given only through vendors that take part in this program and may be subject to change. BCBSTX does not guarantee or make any claims or recommendations about the program's services or products. Members should consult their doctor before using these services and products. BCBSTX reserves the right to stop or change this program at any time without notice.

Blue Points Program Rules are subject to change without prior notice. See the Program Rules on the Well onTarget Member Wellness Portal at wellontarget.com for further information. The Well onTarget member rewards redemption service is provided by an independent third party.

BCBSTX makes no endorsement, representations or warranties regarding third-party vendors and the products and services offered by them.

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