

Get care anytime, anywhere | view in [Web Browser](#)



Register now for Teladoc and RediMD! Get non-emergency medical and mental health care, without leaving home.

If the last thing you want to do right now is head to the doctor, we get it. Studies show 40% of Americans have recently delayed medical care because of COVID-19.

Your TRS-ActiveCare health plan includes [TRs Virtual Health](#) powered by [Teladoc](#)® and [RediMD](#)™, so you can be seen by a board-certified doctor or therapist when you need it, without leaving home or school.

Whether you have a cold, allergies, anxiety, or another non-urgent medical or mental health condition, you can be seen online or over the phone. You can even have a prescription sent straight to your pharmacy.

Learn more about specific conditions treated by Teladoc and RediMD on the [TRs-ActiveCare website](#). Keep in mind some Primary Care Providers (PCPs) also offer telemedicine. Check with your doctor to see if virtual appointments are available.

Register now, so you're ready for care when you need it. It's easy to do:

FOR TELADOC:

1. Visit [Teladoc](#) and scroll down to "Set up your account."
2. Download the mobile app from the [Apple Store](#) or [Google Play Store](#).
3. Call **1-855-Teladoc (835-2362)** to speak with a Teladoc representative.

FOR REDIMD:

1. Visit [RediMD](#) and navigate to "Create an account."
 - Enter the code "trsactivecare" and click "Submit."
 - Follow the directions to complete your profile.
2. Call RediMD customer service at **1-866-989-Cure (2873)**, option 3.

We know just how important virtual health services are, especially during the COVID-19 pandemic. That's why we partner with districts to serve the health care needs of public education employees across the state.

For information on how virtual health care benefits Texas public education employees, [check out this video](#) with Lance Nauman, Director of Risk Management for Katy ISD.

For questions about TRS Virtual Health or any feature of your TRS-ActiveCare health plan, call a Personal Health Guide at **1-866-355-5999**, 24 hours a day, seven days a week.

www.bcbstx.com/trsactivecare

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Virtual and telephonic visits are powered by exclusive software own and operated by RediMD. It is important to verify and understand the terms and conditions of your benefit plan. Terms and conditions may apply based on plan design with limitations and exclusions. Virtual and telephonic services provided are not to be accepted as a health plan or act as a pharmacy distributor or prescription manager. RediMD reserves to sole right to deny care when it believes the risk of possible abuse is present. A virtual visit with RediMD does not provide assurances prescription orders will be issued, and RediMD does not prescribe DEA-controlled substances, non-therapeutic drugs, or drugs that may be harmful or lead to abuse. RediMD operates in many different states and is subject to regulatory rules and jurisdictional limitations. RediMD solely controls oversight and program management, including contracted providers, of the virtual medicine services provided. RediMD and the RediMD logo are registered trademarks of RediMD LLC and may not be used without written permission.

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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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