Get care anytime, anywhere | view in Web Browser





BlueCross BlueShield of Texas

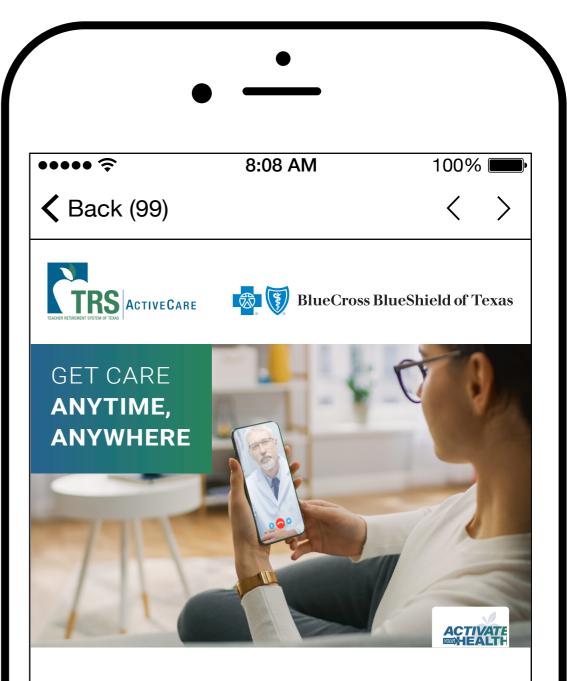


Register now for Teladoc and RediMD! Get non-emergency medical and mental health care, without leaving home.

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 **<u>RediMD</u>**[™], 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.



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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:

FOR REDIMD:

- 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.
- 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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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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