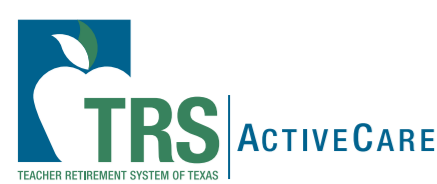


Helpful tips and cost-saving tricks | View in [Web Browser](#)



Do you know about all the great resources in your TRS-ActiveCare plan to help you save money on health care costs? Learn more about your plan's built-in savings to get the most out of your benefits.

TRS Virtual Health

You have no cost or low-cost virtual care options through Teladoc® and RediMD™ for medical and mental health.* See a doctor 24/7 or make an appointment with a mental health specialist, whether you're traveling, taking a lunch break or want care from the comfort of home.



[Register for Teladoc and RediMD](#) today so it's there when you need it.

**RediMD does not provide mental health care.*

Health Advisors

Health Advisors are specially trained nurses and other medical professionals available to you and your covered family members at no cost. Health Advisors can:

- provide guidance after a hospital stay or major surgery
- help you manage a chronic condition
- get you care for a serious illness or injury
- help you through a high-risk pregnancy
- and more

Contact a Personal Health Guide at **1-866-355-5999** to connect with a Health Advisor.

Know Where to Go for Care

It's important to know where to go for care ahead of time so when a problem does arise, you don't overspend or go to the ER when it's not a true emergency.

A newer option you may have noticed is Freestanding ERs. There are three important reasons to **avoid Freestanding ERs**.

Costs are high	Lack of quality care	Care can be delayed
\$3,000 is the average cost of a non-emergency Freestanding ER visit in Texas.	90% of patients who visit Freestanding ERs can get treatment for much less elsewhere.	Only 2.3% of visits to a Freestanding ER require emergency care.

[Learn more about where to go for care](#) and don't overspend.

Save on Medications

Your prescription drug benefits are administered by CVS Caremark®, and you should've received a prescription ID card in the mail. You have options for filling your prescriptions and saving on your medications with short-term (31-day supply) and long term (90-day supply) prescriptions that fit your needs.

With CVS's cost estimator tool, you can see how much your prescription will cost before you go to the pharmacy. You can also set up mail order prescriptions to send your medications right to your door!



[Learn more and find an in-network pharmacy](#) near you today to avoid paying more out of pocket at pharmacies that aren't in network.

Find out more about these programs and start saving today!

[Start Saving](#)

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