

**GO HERE, NOT THERE  
WHEN TRAVELING**

You may know what to do when you or a loved one gets ill or injured at home, but what about when you're on vacation? Use this guide to help you figure out how to get medical, mental health or prescription help when you're traveling.

OH BOY, YOU CAUGHT A BIG ONE. A BIG 'OLE NASTY COLD, THAT IS.



Ears popping on the plane. Sniffles in the snow – or on the sand. It stinks being under the weather when you just want to enjoy your vacay.

CHRISTMAS CHAOS TRIGGERED YOUR ANXIETY. AND YOUR HUSBAND'S DEPRESSION.



Did you know mental health issues often increase during the holiday season? They also tend to spike in the summertime, too.

YOU FORGOT YOUR MEDS AT HOME. AND YOU'RE IN LONDON.



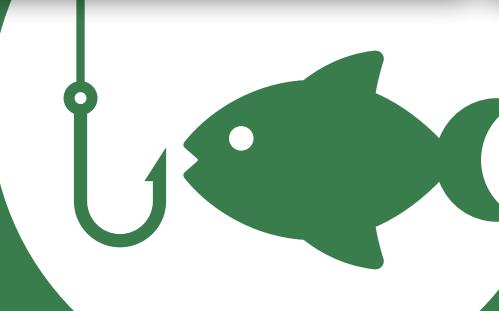
Leaving medications behind while you're on the road, out of town or even across oceans doesn't have to be a vacation killer.

WALKING TOUR OF WASHINGTON, DC = ANKLE THE SIZE OF THE PENTAGON.



TRS Virtual Health can help with sprains and strains, but if you're worried you broke a bone, you might want to head to an urgent care center.

HOOK, LINE AND SINKER. RIGHT THROUGH YOUR LEFT HAND.



Sometimes, you just have to go to the emergency room. When you're away from home and out of network, you might be worried about the cost.

**TRS VIRTUAL CARE****TRS VIRTUAL CARE – AGAIN****TRS VIRTUAL CARE – YET AGAIN!****URGENT CARE****EMERGENCY ROOM**

See a doctor quickly by phone or video call, 24/7, from anywhere.

Teladoc™ and RediMD™ treat:

- allergies
- blood pressure issues
- cold and flu
- headaches
- cough and sore throat
- and more



Teladoc offers virtual mental health care for you and your covered dependents 13+.

Conditions treated include:

- depression and anxiety
- alcoholism, addiction and substance-related disorders
- attention disorders
- personality disorders
- and more



TRS virtual care providers can prescribe and refill many common, short-term maintenance medications. Connect with your regular provider for controlled substances or psychiatric medications.

Call a Personal Health Guide 24/7 at 1-866-355-5999 for help finding a pharmacy.



Urgent care costs less than the emergency room and you can usually see a doctor quickly. Watch out for freestanding ERs. They're usually out of network and can cost you \$\$\$.

Freestanding ERs are built like urgent care centers with "EMERGENCY" in the name. They're usually open 24/7 and are separate from a hospital.



Your TRS-Care Standard plan always covers true emergencies at the network level. Go to the ER for:

- chest pain
- heart attacks
- strokes
- difficulty breathing
- broken bones
- serious cuts and burns

