



Tools for a Healthier You



We are here to help you live your healthiest life and empower your wellness. If you are enrolled in a TRS-ActiveCare plan, you now have access to tools that can help you get healthier on your own schedule.

Virtual Health

Getting care when and where you need it is more important than ever. That's why your coverage includes TRS Virtual Health, powered by Teladoc® (www.teladoc.com/trsactivecare or call **1-855-835-2362**)¹ and RediMD™ (www.redimd.com/trsactivecare or call **1-866-989-2873**).² You have access to convenient, quality medical and mental health care from home or on the go, without having to travel to a doctor's office. Your non-covered family members even have access to medical visits through TRS Virtual Health.*

* Immediate family members who don't have a TRS-ActiveCare health plan can use TRS Virtual Health at a fixed rate. RediMD = \$35/visit; Teladoc = \$45/visit



Talk to a Nurse

Registered nurses with the 24/7 Nurseline can help if you have a question or concern that pops up in the middle of the night or on the weekend.³ Call the 24/7 Nurseline anytime at **1-833-968-1770**.

www.bcbstx.com/trsactivecare



BlueCross BlueShield of Texas

Member Rewards

Employees enrolled in the TRS-ActiveCare Primary or Primary+ plan can take advantage of the Member Rewards program.**

Member Rewards uses Provider Finder®

(www.bcbstx.com/trsactivecare/doctors-and-hospitals)

to help you shop for health care services to help lower out-of-pocket costs and earn credit toward health care expenses when you choose a lower-cost, quality provider.

**If you have a Primary Care Provider (PCP) in the Kelsey Seybold provider network, you are not eligible for this program.

Women's and Family Health: Pregnancy and Parenting Support

If you plan to add to your family, you have help getting ready. Ovia Health® will guide you step-by-step through fertility, pregnancy and parenting.† All Ovia Apps include support from a registered nurse. If you have a high-risk pregnancy, you'll also get phone support from a maternity specialist.

Live Well with Well onTarget® (WOT)

The Well onTarget website and companion AlwaysOn® mobile app will help you reach your wellness goals and manage your health conditions – all in one place⁴ with WOT:

1. Complete an online Health Assessment, and you'll receive recommendations for programs that can help you get and stay healthier.
2. One-on-one support is available by phone or secure online messaging – whatever works for you! Get help losing weight, improving your blood pressure or quitting smoking, among other goals.
3. Join the Fitness Program for a low-monthly fee. Go to any gym facility within the nationwide network. You also have access to the virtual fitness program from BurnAlong⁵ -- a digital-only option with thousands of fitness videos and live classes you can take advantage of from home. Plus, save on wellbeing services like acupuncture, massage and personal training.⁶

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

Blue Cross®, Blue Shield® and the Cross and Shield Symbols are registered service marks of the Blue Cross and Blue Shield Association, an association of independent Blue Cross and Blue Shield Plans.

Ovia Health apps include:

Ovia Fertility: Tracks cycles and predicts when pregnancy is most likely to occur.

Ovia Pregnancy Tracker: Monitors pregnancy and baby's growth week by week leading up to the baby's due date.

Ovia Parenting: Keeps up with a child's growth and milestone from birth through three years old.

Download any of the Ovia Health mobile apps from the Apple Store and Google Play Store. During sign-up, select "I have Ovia Health as a benefit." You will be asked to enter your employer's name but can skip that step. Then select BCBSTX as your health plan.

Blue PointsSM

The Blue Points program can help you get on track — and stay on track — to reach your wellness goals.

Earn points for regularly participating in many different healthy activities. You can redeem these points in an online shopping mall, which offers a wide variety of merchandise.⁷

Would You Like to Learn More?

Contact a Personal Health Guide (PHG) who has the know-how, resources, and connections to help get you what you need and to answer any questions regarding your benefits. Call **1-866-355-5999** or chat through the BCBSTX App (via the Apple App Store or Google Play Store).

†Ovia Health is an independent company that provides maternity and family benefits solutions for Blue Cross and Blue Shield of Texas.

¹Teladoc is an independent company that has contracted with BCBSTX to operate and administer the virtual visits program for members with coverage through BCBSTX. Teladoc is solely responsible for its operations and for those of its contracted providers.

²RediMD is an independent company that has contracted with BCBSTX to operate and administer the virtual visits program for members with coverage through BCBSTX. RediMD is solely responsible for its operations and for those of its contracted providers.

³For medical emergencies, call 911. This program is not a substitute for a doctor's care. Talk to your doctor about any health questions or concerns.

⁴The 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.

⁵BurnAlong is an independent company that has contracted with BCBSTX to provide digital fitness activities for members with coverage through BCBSTX.

⁶Individuals must be at least 18 years old to purchase a membership. The Fitness Program is provided by Tivity Health™, an independent contractor that administers the Prime Network of fitness centers. The Prime Network is made up of independently owned and operated fitness centers.

⁷Blue 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.

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