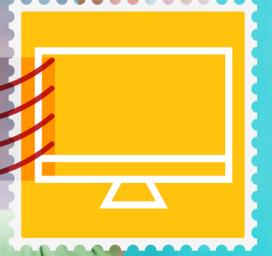


# TRS-ActiveCare COST-SAVING AND WELLNESS TOOLS



## Virtual Health

Getting care when and where you need it is more important than ever. That's why your coverage includes TRS Virtual Health for your entire household, including non-covered dependents.



## Fitness Program

Join the Fitness Program for a low monthly fee. Go to any gym facility in the nationwide network. You also have access to the virtual fitness program from home. Plus, save on wellbeing services like acupuncture, massage and personal training.



## Well onTarget®

The Well onTarget website will help you reach your wellness goals and manage your health conditions.



## Member Rewards

Save money with Member Rewards by choosing a cost-effective, trusted provider for services like MRIs, CT scans, colonoscopies and mammograms. Rewards may apply toward the cost of future services. Find out how Member Rewards works with your health plan.



## Points Program

Earn points for regularly participating in healthy activities. Redeem your points in an online shopping mall offering a variety of merchandise.



## Family Planning Apps

If you plan to add to your family, you have help getting ready. Get step-by-step guidance through fertility, pregnancy and parenting.



Digital mental health programs from **Learn to Live** can help you feel better and enjoy life more. **Learn to Live** programs are based on cognitive behavioral therapy techniques with a track record of helping people feel better. It's confidential, accessible anywhere, and available at no added cost to you. Access the programs whenever it fits your schedule, and connect with a coach by phone, text or email.



[www.bcbstx.com/trsactivecare](http://www.bcbstx.com/trsactivecare)

## More Resources



## Blue Access for Members<sup>SM</sup> (BAM<sup>SM</sup>)

Log in to Blue Access for Members today to access all these great resources..



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

Contact a Personal Health Guide for questions regarding your benefits, 24 hours a day, seven days a week. Call **1-866-355-5999** or chat through the BCBSTX App.



Learn to Live provides educational behavioral health programs; members considering further medical treatment should consult with a physician.

Learn to Live, Inc. is an independent company that provides online behavioral health programs and tools for members with coverage through Blue Cross and Blue Shield of Texas. BCBSTX makes no endorsement, representations or warranties regarding third-party vendors and the products and services offered by them.



757482.1122

Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association