



Your TRS-ActiveCare health coverage includes several wellness tools, as well as information and support to help you live your healthiest life. This year, you can improve your wellbeing with a range of online programs.

See a doctor without leaving the house – With [TRS Virtual Health](#), you'll be able to connect with a board-certified doctor over the phone or online to treat minor medical and mental health conditions or get a prescription filled.

Talk to a nurse any time, day or night – You'll be able to call the 24/7 Nurseline at [1-866-355-5999](tel:1-866-355-5999) with questions about fevers, burns and other health issues – or for help deciding where to go for care – no matter what time it is.*

Get healthy on your schedule – The interactive [Well onTarget®](#) program will put personalized tools and resources at your fingertips. Take a Health Assessment, access wellness videos or podcasts, use built-in tracking tools to reach health targets, and earn Blue PointsSM that you'll be able to redeem for things like books, music and sporting goods.

Get pregnancy and parenting help – Are you pregnant or planning to have a baby? Apps from [Ovia Health®](#) will walk you through fertility, pregnancy, and

parenting. Blue Cross and Blue Shield of Texas also has dedicated maternity specialists for those with high-risk pregnancies.

Get extra support – A health advisor may call you to offer assistance if you've been injured, in the hospital or had surgery or a severe illness.

Prioritize mental health – Your health plan will include mental health benefits, so you can get help with conditions like depression, anxiety and stress. **Those who enroll in TRS-ActiveCare Primary and TRS-ActiveCare Primary+ will only pay a \$30 copay for outpatient mental health visits.**

Don't forget Personal Health Guides are available at [1-866-355-5999](tel:1-866-355-5999) from 7 am - 6 pm for questions about benefits and to help you choose the right health plan.

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

The 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.

*For 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.

Blue 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.

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