



## TRS Virtual Health for Blue Cross Blue Shield plans

Skip the waiting room and speak to a doctor anytime, anywhere. With [Teladoc](#) and [RediMD](#) it's confidential, secure, and easy.

Have a live consultation with a doctor or mental health professional at home or on the go. Connect with a medical doctor via online video or by phone. For mental health virtual visits, make an appointment online and connect by video conference.

 <a href="#">Click here</a> or call 1-855-835-2362	 <a href="#">Click here</a> or call 1-855-942-4900
--	--

How much does it cost?

Plan	Medical (Teladoc and RediMD)	Behavioral Health (Teladoc only)
ActiveCare Primary and Primary+	\$0 copay	\$70 copay
ActiveCare HD	\$30 copay	\$185 copay psychiatrist (initial visit) \$95 copay psychiatrist (ongoing visit) \$85 copay psychologist, licensed clinical social worker
ActiveCare 2	\$0 copay	\$70 copay