

TRS-ActiveCare – Virtual Health Programs

Blue Cross Blue Shield Primary, Primary +, HD, and AC 2



Medical

- Cold and flu symptoms
- Allergies
- Bronchitis
- Respiratory infections
- Stomach upset
- Sinus problems
- Skin problems

*Mental Health

- Depressive and anxiety disorders
- Bipolar, schizophrenia and psychotic disorders
- Attention disorders
- Alcoholism and addiction and substance-related disorders

member.teladoc.com/trsactivecare

855-Teladoc (835-2362)

*Mental Health visits subject to additional cost

\$12 copay (\$42 copay on HD plan)



Medical

- Back Strains
- Ankle Injuries
- Shoulder Strains
- Pulled Muscles
- Contusions/Bruises
- Asthma
- Shortness of Breath
- Infections
- Allergies
- Chemical Exposure

redimd.com/trsactivecare

866-989-CURE (2873), option 3

\$0 copay (\$30 copay on HD plan)

Baylor Scott & White HMO

\$0 Copay Options

MyBSWHealth

- eVisits - Online diagnosis and treatment plan for common medical conditions
- Video Visits - Online with a doctor, face-to-face in real time
- Both available at MyBSWHealth.com or the MyBSWHealth app

MDLIVE

- Talk to doctors, licensed therapists and more, for general health and behavioral health concerns
- Visit by phone, secure video, or the MDLIVE app

