



Need to know how much a trip to the ER, an MRI, or a therapy appointment will cost? Want help finding an in-network provider? Personal Health Guides (PHG) can help you with these questions and more.

As part of your TRS-ActiveCare coverage, you have access to PHGs at no extra cost, anytime, day or night. Call [1-866-355-5999](tel:1-866-355-5999) or chat through the **BCBSTX App**. The App is available in the [Apple App Store](#) and [Google Play Store](#).

PHGs are part health advocates, part personal assistants. They're available around the clock to answer any questions you have about using your health plan and help you make the most of your coverage. So, you can connect with a PHG to:

- get information about your medical and prescription drug benefits
- find an in-network doctor, therapist, or facility
- get details about claims
- schedule an appointment with a provider
- get cost estimates
- receive necessary prior authorizations
- get help with transition of care
- and more

Connect with a PHG

www.bcbstx.com/trsactivecare