

# WELCOME TO YOUR TRS-ACTIVECARE BENEFITS!



Welcome to your TRS-ActiveCare coverage! Your health plan is designed to help you Activate Your Health, so we want to point out a few key features that will help you make the most of your benefits.

## **Blue Access for Members (BAM)**

You can now use Blue Access for Members<sup>SM</sup> (BAM<sup>SM</sup>), BCBSTX's secure member site, by clicking on "Log In" in the top right corner of the [TRS-ActiveCare website's homepage](#).

In BAM, you can:

- get details about your benefits
- use [Provider Finder](#)<sup>®</sup> to search for in-network doctors and facilities
- request or print an ID card
- sign up to receive texts or alerts on claims and other important topics
- view up to 18 months of claims activity

## **Personal Health Guides**

Now that the plan year has started, you can call a Personal Health Guide (PHG), 24 hours a day, seven days a week, at [1-866-355-5999](tel:1-866-355-5999).

PHGs are there to make health care easier, with around-the-clock assistance on:

- medical and prescription drug benefits
- finding in-network providers
- claims and benefit questions
- scheduling appointments
- cost estimates
- prior authorizations
- transitioning care, and more

### **Take charge of your wellness!**

- Regular checkups can help you Activate Your Health and manage chronic conditions. Your annual physical and other screenings are part of the no-cost preventive care included in your TRS-ActiveCare coverage.
- Be sure to visit the [Health and Wellbeing](#) section of the [TRS-ActiveCare website](#) for information about the wide array of wellness tools.
- [TRS Virtual Health](#) is a great resource for getting and staying healthy. You can talk to a health care provider about non-urgent conditions without having to step into a doctor's office!
- Register on the [CVS Caremark](#)<sup>®</sup> website, where you can print your pharmacy ID card, find drug prices, learn which medications are covered, locate in-network pharmacies, and more.
- [Nominate a Provider](#) to be added to BCBSTX's statewide and national networks.
- Learn about [digital tools](#) that give you access to your coverage information on the go.

We're excited for this plan year and committed to helping you Activate Your Health!

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