

## TRS-ActiveCare – Virtual Health Programs



### Medical

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

[redimd.com/trsactivecare](http://redimd.com/trsactivecare)

866-989-CURE (2873), option 3

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



### Medical

### \*Mental Health

- Cold and flu symptoms
- Allergies
- Bronchitis
- Respiratory infections
- Stomach upset
- Sinus problems
- Skin problems
- Depressive and anxiety disorders
- Bipolar, schizophrenia and psychotic disorders
- Attention disorders
- Alcoholism and addiction and substance-related disorders

[member.teladoc.com/trsactivecare](http://member.teladoc.com/trsactivecare)

855-Teladoc (835-2362)

\*Mental Health visits subject to additional cost

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