



BlueCross BlueShield of Texas



EXPRESS SCRIPTS®



TRS-ActiveCare

TEXAS-SIZED BENEFITS.
PEOPLE-FOCUSED CARE.



From A to Z:
Your TRS-ActiveCare Plan

Teacher Retirement System of Texas
June 2023



TRS

TEACHER RETIREMENT SYSTEM OF TEXAS

ACTIVECARE

Know the Terms

Copay

- The set amount you pay for a covered service when you get it.

Deductible

- The amount you pay for covered health care services before your insurance plan starts to pay.

Coinsurance

- The portion you pay for services after you meet your deductible.

Maximum Out of Pocket (MOOP)

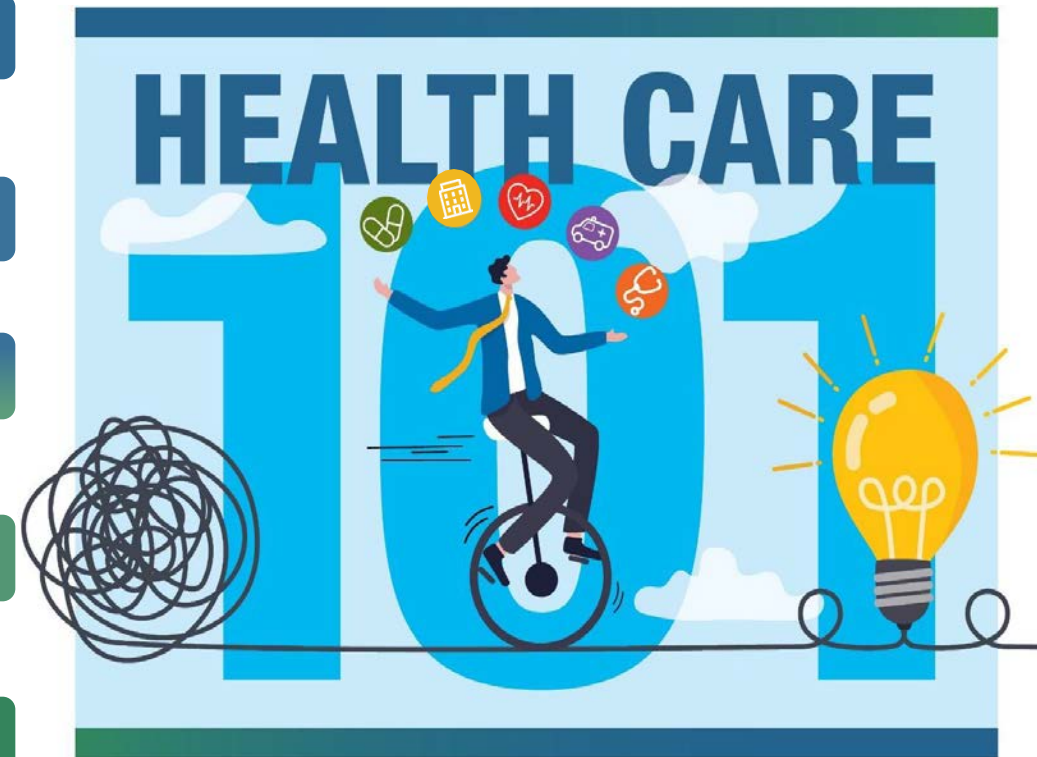
- The maximum amount you pay each year for medical costs. After reaching your MOOP, the plan pays 100% of the costs for covered services.

Prior Authorization

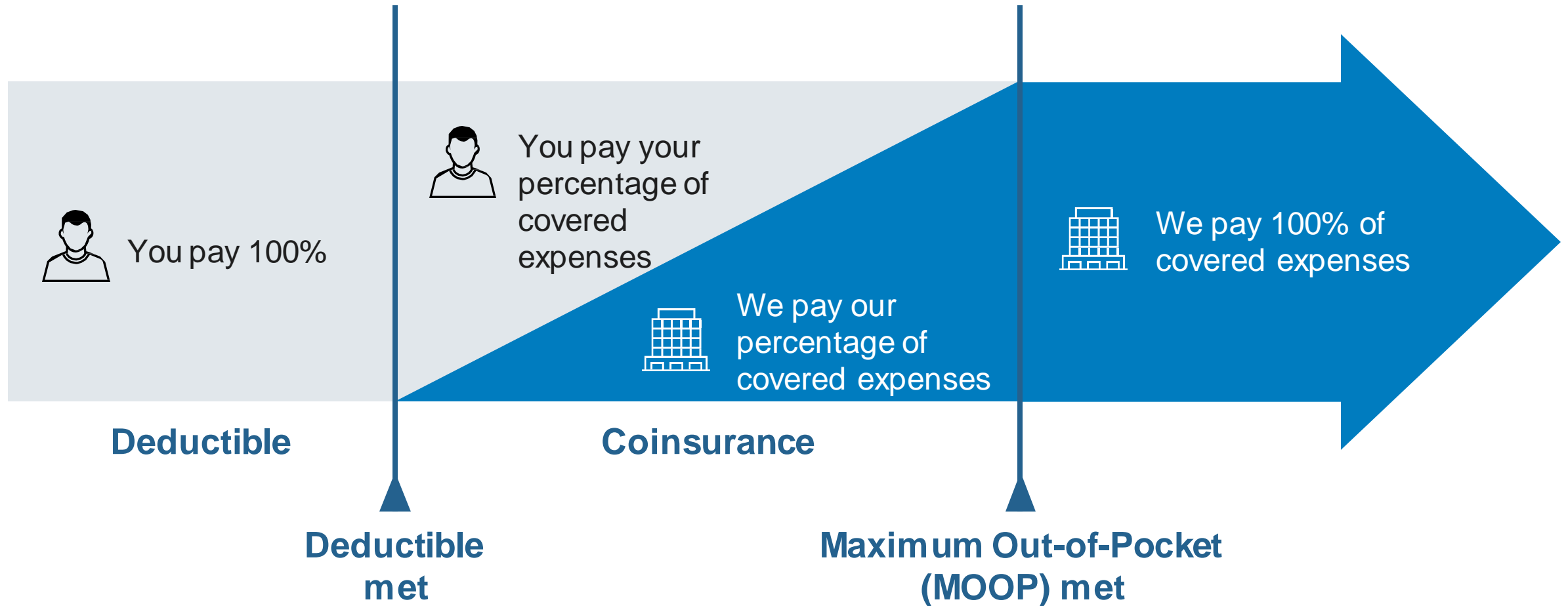
- The process by which you or your provider notify the health plan in advance about treatments, like a hospital admission or complex diagnostic test.

Referrals

- Written authorization from your PCP to get care from a different in-network provider, specialist or facility.



How Your Deductible Works



Plan Highlights



For your full plan highlights and to see your ESC rates, scan the QR code.



High-Level Benefits	TRS-ActiveCare Primary TRS-ActiveCare Primary+	TRS-ActiveCare HD
In-Network Coverage	✓	✓
Out-of-Network Coverage		✓
Requires Primary Care Provider (PCP)	✓	
Requires referral to see Specialists OB/GYNs and mental health providers don't require referrals.	✓	
Statewide Network Flexibility for dependents living out of state	✓	✓
Nationwide Network		✓

Plan Comparison



	TRS-ActiveCare Primary	TRS-ActiveCare Primary+	TRS ActiveCare- HD
Benefits			
Type of Coverage	In-Network Coverage Only	In-Network Coverage Only	In-Network & Out-of-Network Coverage
In-Network Individual/Family Deductible	\$2,500 / \$5,000	\$1,200 / \$2,400 ↓	\$3,000 / \$6,000
In-Network Individual/Family Maximum Out of Pocket	\$7,500 ↓ / \$15,000 ↓	\$6,900 / \$13,800	\$7,500 ↑ / \$15,000 ↑
Office Visit	\$30 PCP copay \$70 specialist copay	\$15 PCP copay ↓ \$70 specialist copay	30% after deductible
Urgent Care	\$50 copay	\$50 copay	30% after deductible
TRS Virtual Health (Medical)	\$12 copay Teladoc \$0 copay RediMD	\$12 copay Teladoc \$0 copay RediMD	\$42 consult fee Teladoc \$30 consult fee RediMD
TRS Virtual Health (Mental Health)	\$0 ↓ copay Teladoc	\$0 ↓ copay Teladoc	30% after deductible
Preventive Care	Covered at 100%	Covered at 100%	Covered at 100%
Emergency Room	30% after deductible	20% after deductible	30% after deductible
Free-Standing Emergency Room	\$500 Copay + 30% after deductible	\$500 Copay + 20% after deductible	\$500 Copay + 30% after deductible

What Plan is Best For You?

Derek



- family history of high blood pressure
- frequently checks-in with a cardiologist about his heart health
- wants predictable copays

He chose one of the TRS-ActiveCare Primary plans.

Cindy

- goes for her annual check-up, but rarely sees a doctor
- lives in a border town close to Louisiana
- wants to be covered in Texas and Louisiana
- wants to invest in an HSA

She chose TRS-ActiveCare HD's nationwide network.



Primary/Primary+ might be right for you if you have or are at risk for chronic conditions, and want a doctor actively involved in coordinating your care.

HD might be right for you if you want to invest in a Health Savings Account (HSA), may need to seek care outside of Texas, and don't have regular doctor visits.



BlueCross BlueShield of Texas

2023-24
TRS-ActiveCare

HEALTH BENEFITS



What's Included in Your Plan



Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

You Have 24/7 Customer Service



**Personal Health Guides (PHGs) are your plan experts.
They can help you:**

- find in-network providers
- make a doctor's appointment
- figure out costs for a procedure or medication
- save money with cost comparisons
- make sense of billing and claims
- understand plan features
- get mental health care
- connect you with our 24-hour nurse line

**Call a PHG at: 1-866-355-5999 or
chat through the BCBSTX App**

Available 24/7

Mental Health Care is Health Care



Your mental health is just as important as your physical health. You have mental health coverage, and several options for getting care.



Virtually

Use Teladoc to speak with a licensed mental health provider online or over the phone.

TRS-ActiveCare Primary – \$0
TRS-ActiveCare Primary + – \$0
TRS-ActiveCare HD – 30% after deductible



Digitally

Learn to Live is a digital mental health program available at no cost to you. Its programs can help you with stress, anxiety, depression, substance abuse and more.



In person

See a therapist, psychiatrist or other mental health professional. Use **Headway** to search for an in-network licensed therapist or psychiatrist and schedule an appointment.

TRS-ActiveCare Primary – \$30 copay
TRS-ActiveCare Primary + – \$15 copay
TRS-ActiveCare HD – 30% after deductible

Learn to Live, Inc. is an independent company that provides online behavioral health programs and tools for members with coverage through Blue Cross and Blue Shield of Texas. BCBSTX makes no endorsement, representations or warranties regarding third-party vendors and the products and services offered by them.

TRS Virtual Health



Convenient, Quality Health Care from Home or On The Go



Teladoc®
1-855-Teladoc
(1-855-835-2362)



*Mental Health visits subject to additional cost

New! \$0 mental health copay for TRS Primary and Primary+ plans

RediMD™
1-866-989-CURE
(1-866-989-2873)

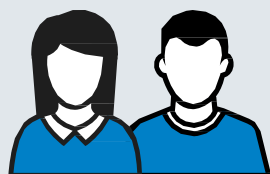


Registration Code: trsactivecare

Preventive Care at No Cost

What's Covered?

- **In-network care is covered at 100% with no copay or deductible.** Out-of-network benefits vary by plan.
- **Preventive care and screenings include:**



- well-woman exam
- Mammogram (age 35+)
- Colonoscopy (age 45+)
- annual wellness exam
- prostate exams (age 45+)
- mental health screenings



- well-baby/child exam
- routine immunizations

Important to remember:

Lab tests related to managing a condition like diabetes or asthma **aren't** preventive care and are covered under applicable deductible and coinsurance levels.

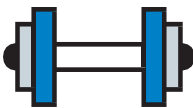
Wellness Benefits



Well onTarget

can help you manage your health and reach your wellness goals in one place. Take advantage of self-guided courses or get one-on-one support from a wellness coach with programs like:

- Stress management
- Nutrition
- Cholesterol improvement
- Weight loss & maintenance
- Blood pressure improvement
- And others!



The Fitness Program

offers affordable, no-contract memberships at gyms nationwide. There’s also a virtual only option.

Options	Digital Only	Base	Core	Power	Elite
Monthly Fee	\$10	\$19	\$29	\$39	\$99
Number of Gym Facilities	Digital Access Only	3,000	7,500	12,000	12,400
\$19 Initiation Fee (no initiation fee for Digital Only option)					

Be Rewarded for Wellness with Blue PointsSM



 Blue PointsSM lets you earn rewards for regularly participating in healthy activities. Redeem your points in the online shopping mall when you're ready to treat yourself.

Earn points with Well onTarget by:



completing a health assessment



taking a self-guided course on managing stress

Earn points with The Fitness Programs by:



connecting and syncing a fitness device or app



taking a barre class at a participating studio



taking a digital fitness class

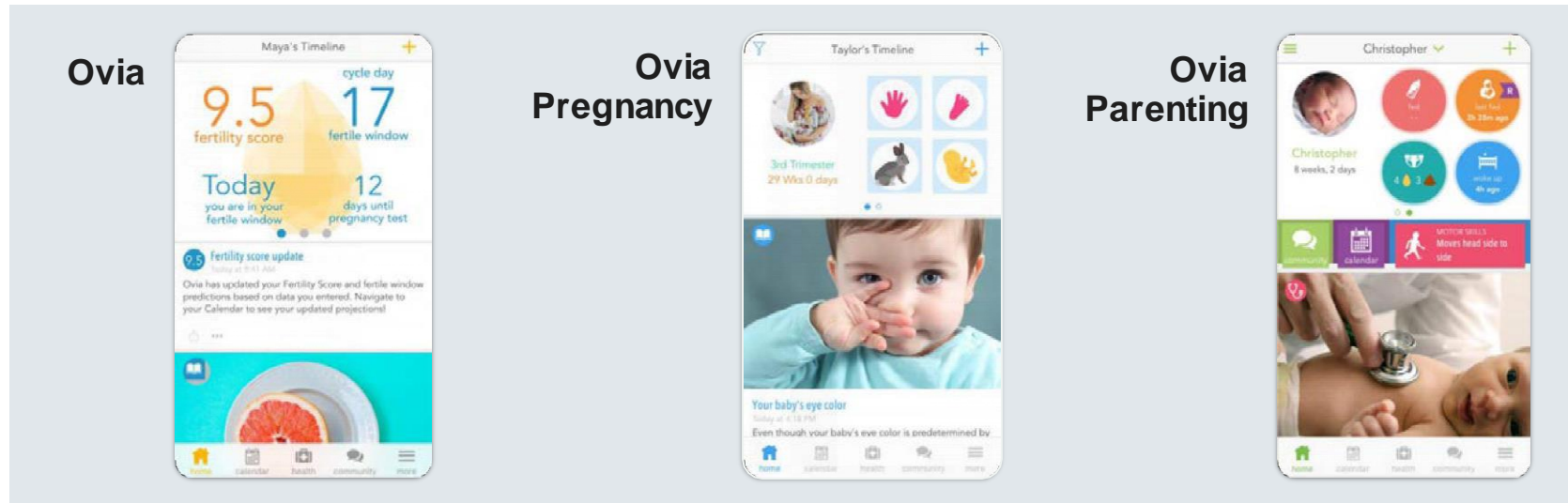
Women's and Family Health

Providing support for women's health, pregnancy, parenting and menopause.



Ovia Health™ apps offer health trackers, videos, tips, coaching and more!

Interactive programs



Well onTarget® offers digital self-guided courses to support healthy pregnancies through every stage. Topics include healthy foods, body changes, and labor.

Exceptional maternity coverage includes:

- electric breast pumps covered at 100% (two per year)
- hospital-grade breast pump rental covered up to a maximum of \$150 (one per year)
- lactation specialist visits covered at 100% (six visits per year)
- No-cost high-risk pregnancy support

Ovia Health is an independent company that has contracted with Blue Cross and Blue Shield of Texas to provide maternity and family benefits solutions for members with coverage through BCBSTX. BCBSTX makes no endorsement, representations or warranties regarding third-party vendors and the products and services offered by them.

Well onTarget® is a registered trademark of Health Care Service Corporation.

Save money on health and wellness products and services from top retailers that aren't covered by insurance like:



apparel and footwear from top brands



hearing aids and batteries



fitness equipment, devices and memberships



baby monitors, bottles, diapers and wipes



LASIK eye surgery



meal delivery subscriptions

Scan the QR Code below to learn more:





BlueCross BlueShield of Texas

2023-24
TRS-ActiveCare

HEALTH BENEFITS



How you Can Save Money



Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

Go Here, Not There

RECESS WITH RAGWEED	RUNNING TRACK ROAD RASH	IGNORED "WET FLOOR" SIGN	TWO WORDS: BUNSEN BURNER.	ONE WORD: DON'T
				
VIRTUAL HEALTH	PRIMARY CARE PROVIDER (PCP)	URGENT CARE CLINIC	EMERGENCY ROOM (ER)	FREESTANDING ER
Go here for: Allergies, asthma Colds, fevers Rashes	Go here for: Routine screenings Flu, COVID-19 Minor illnesses, injuries	Go here for: Stitches Sprains, minor breaks Severe flu symptoms	Go here for: Chest pain, heart attacks Strokes Broken bones	Rarely in network = \$\$\$\$\$\$\$ May not be set up for true emergencies = delayed care Delayed care = \$\$\$\$\$\$\$\$\$ ☠️
\$	\$	\$\$\$	\$\$\$\$	

Still stumped? Call 1-866-355-5999 or scan



Earn Up to \$599 with Member Rewards



	<div> <div>TRs-ActiveCare Primary</div> <div>TRs-ActiveCare Primary+</div> </div>	TRs-ActiveCare HD
<div> <div>Automatically use rewards toward costs of future medical or pharmacy expenses</div> </div>	<div> <div>✓</div> </div>	
<div> <div>Self-submit dental and vision expenses to use rewards</div> </div>	<div> <div>✓</div> </div>	<div> <div>✓</div> </div>
<div> <div>Unused rewards will roll over to the next plan year</div> </div>	<div> <div>✓</div> </div>	<div> <div>✓</div> </div>

AVERAGE REWARD

\$789

Colonoscopy

\$434

CT Scan

\$369

MRI

Call a Personal Health Guide at:
 1-866-355-5999

TRs-ActiveCare ANNUAL ENROLLMENT

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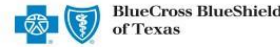
2023-24
TRS-ActiveCare

HEALTH BENEFITS



Tools and Resources for You

Resources at Your Fingertips



www.bcbstx.com/trsactivecare



Website for TRS-ActiveCare Participants

Blue Access for Members

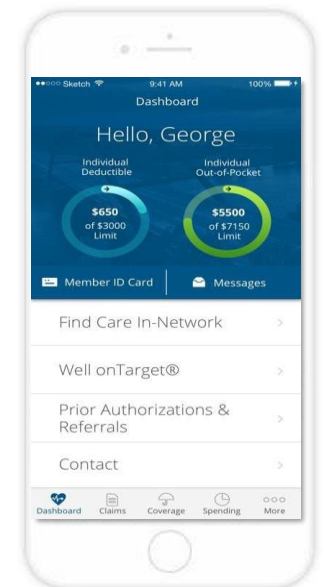
- select or change your PCP
- view claims and Explanation of Benefits (EOB)
- compare costs of doctors and services

BCBSTX Mobile App

- text* BCBSTXAPP to 33633
- download a temporary ID card
- live chat 24/7

Tools and Resources

- Provider Finder
- plan information
- forms and documents
- information about health and wellness resources



Provider Finder[®]



Search Bar

Browse by Category

Q **brim** X

Names

Matthew Brimberry
Family Practice

Bradley Brimhall
Pathology

Specialties Associated With

Acquired Brain Injury

VIEW ONLY: ☐ Accepting New Patients

WITHIN: 50 miles

ⓘ

Your benefits plan may cover Blue Distinction Plus and Blue Distinction Centers at a higher level of benefits, which will be le

Detailed Provider Profile Page

<

Matthew Brimberry, MD

Male

SPECIALTY: Family Practice

Provider Highlights

Specialties & Expertise

Ratings & Reviews

Credentials

Affiliations

Awards & Recognitions

Locations & Hours

More About This Provider

! IMPORTANT NOTE

! Please note: You will need to provide the primary care physician's ten-digit PCP number when you enro

! To suggest updates to this directory, such as if a doctor is seeing new patients or part of a certain netwo

! Use the search bar at the top of the page to see more results. For help, call a Personal Health Guide tol

Provider Highlights

Matthew Brimberry, MD

PCP ID: H08KK14901

LOCATION

1108 Lavaca St Ste 110-320, Austin, TX 78701

[Get directions](#) (est. 2.6 miles away)

CONTACT INFORMATION

Phone: 512-477-4088

☒ Accepting New Patients

★★★★☆

4.2 out of 5.0 5 ratings.

🎓

Completed Education in 2009

👥

2 Affiliations

🌐

Speaks Spanish

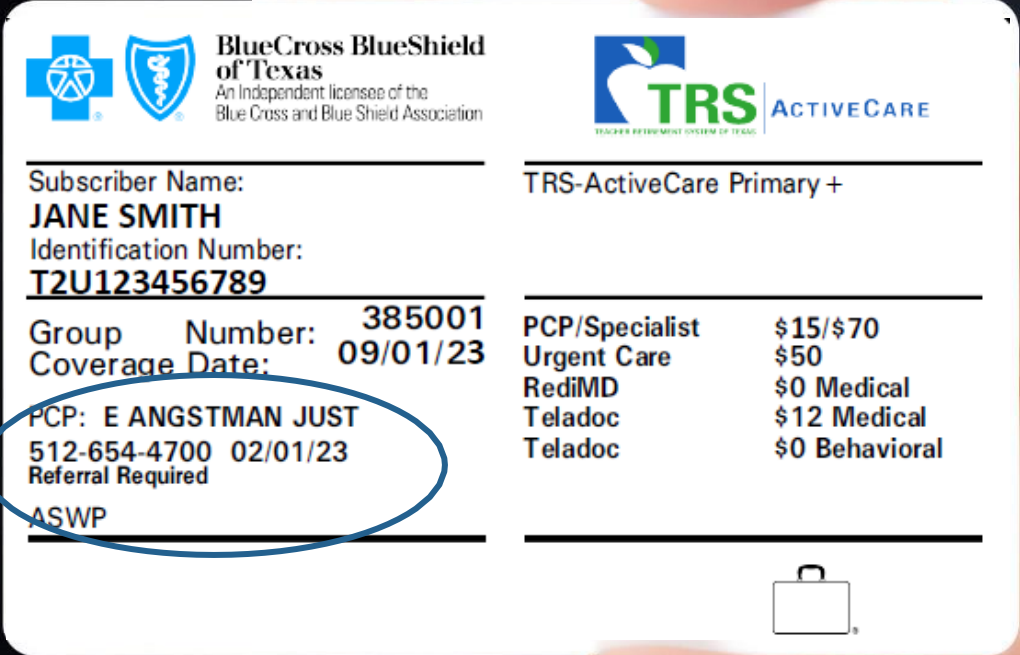
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BCBSTX ID Cards



You will get your ID card in the mail a few weeks after you enroll.

Each family member enrolled in the TRS-ActiveCare Primary or TRS-ActiveCare Primary+ plan will get their own ID card with their PCP's name printed on it. You can call a PHG or log in to Blue Access for MembersSM if you need to replace a card or order extras.



www.bcbstx.com/trsactivecare



EXPRESS SCRIPTS®

2023-24
TRS-ActiveCare

HEALTH BENEFITS



NEW Pharmacy Benefit Manager

EXPRESS SCRIPTS



Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company,
an Independent Licensee of the Blue Cross and Blue Shield Association

Introducing you to your new pharmacy provider



CONTINUITY OF CARE IS IMPORTANT FOR YOU AND FOR US

With very few exceptions, you will observe **little change between your experience with CVS Caremark and Express Scripts.** A very small percentage of you, however, may receive a letter alerting you to:

- *A formulary exclusion*
- *An exclusion for a type of GLP-1 medication (these medications are used to treat Type 2 Diabetes)*
- *A change to in-network pharmacies*

In every instance, Express Scripts will be working closely with you to find alternatives you are comfortable with.





Manage Your Prescriptions

- Available online 24/7
- Check order status with tracking
- Refill a prescription
- Enroll in automatic refills
- Find ways to save money
- Transfer a prescription from a retail pharmacy to home delivery
- View claims, balances and prescription history
- Receive online alerts if there's a prescription-related safety issue

<https://esrx.com/trsactivecare>



EXPRESS SCRIPTS™ Items in Cart ▾

Prescriptions Benefits My Account Help Accessible View | Español

Recent Order Status [Go to full order status](#)

Synthroid 50 mcg tablet 50 mcg, brand View details	Rx #: 123456789003	Chris (09/09/1945)	We need your approval
Toprol XL 200 mg tablet 200 mg, brand View details	Rx #: 123456789003	Chris (09/09/1945)	Address Verification Required
Harvoni 90-400 mg tablet 90 mg - 400 mg, brand View details	Accredo Rx #: 297-4444364-00	Vanessa (07/28/1969)	Shipped on XX/XX/XXXX Tracking # 93748201164600649231680
Lisinopril 20 mg tablet 20 mg, generic	Rx #: 123456789010	Vanessa (07/28/1969)	Shipped on XX/XX/XXXX Tracking # 93748201164600649231680

Automatic Refills [Manage automatic refills](#)

3 Imagine the convenience of no longer ordering refills for 3 prescriptions. Just enroll eligible prescriptions in our automatic refill program, and we'll take care of the rest. [Start now](#) [Don't show again](#)

Atorvastatin 20 mg tablet 20 mg, generic View details	Rx #: 123456789010	Chris (09/09/1945)	Will process after XX/XX/XXXX
Avodart 0.5 mg softgel capsule 0.5 mg, brand View details	Rx #: 123456789011	Chris (09/09/1945)	Will process after XX/XX/XXXX
Lisinopril 20 mg tablet 20 mg, generic View details	Rx #: 123456789012	Vanessa (07/28/1969)	Will process after XX/XX/XXXX
Zytiga 250 mg tablet	Rx #: 123456789013	Vanessa (07/28/1969)	Will process after XX/XX/XXXX

Prescriptions You Can Order Today [Find a prescription not listed below](#) [View Rx Archive](#)

Chris (09/09/1945)			
Omeprazole dr 10 mg capsule 10 mg, generic View details	Rx #: 123456788001 90-day supply 2 refills remaining	Refill past due You may be running low on this medication	<input type="checkbox"/> Add to cart

Accredo, a specialty pharmacy

- Accredo provides specialized patient care for patients with chronic conditions. Benefits include:
 - Individualized counseling and education
 - Proactive monitoring of your medicines
 - Coordination with your doctors
- Accredo offers ongoing support from pharmacists and nurses with specialized training and expertise
- Patients who use Accredo receive better patient care and have healthier outcomes
- SaveonSP program will provide copay assistance for certain specialties medications dispensed through Accredo.
- Accredo member service: **800-596-7701**

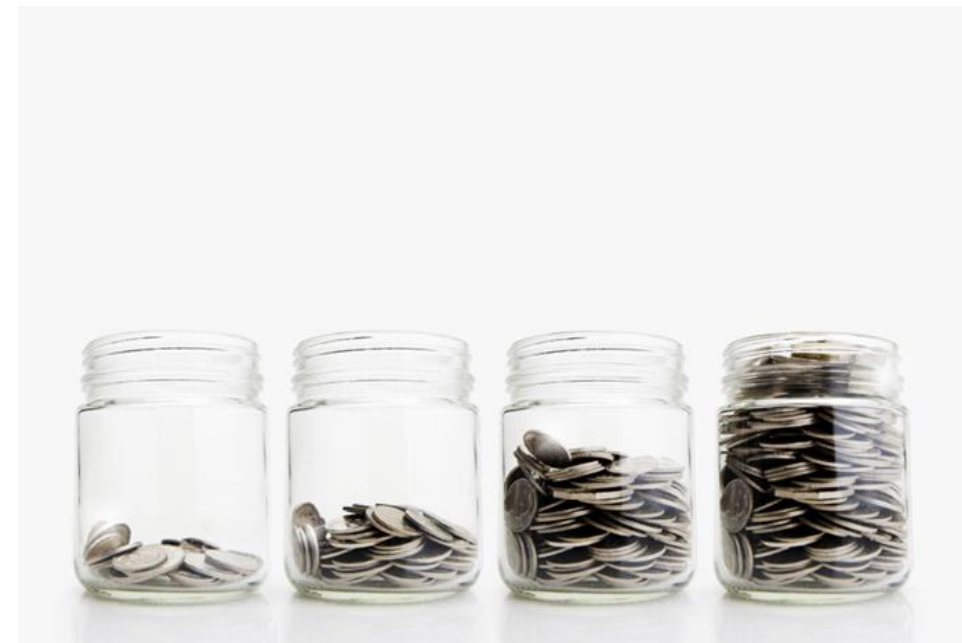


accredo®

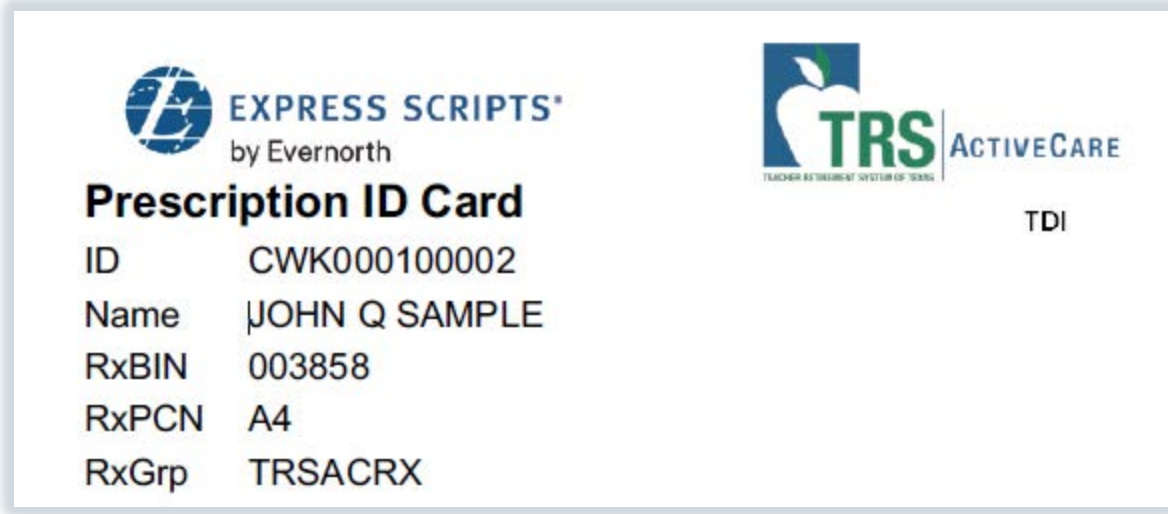
... is an Express Scripts specialty pharmacy that provides personalized care to individuals with chronic and complex health conditions

SaveOn SP program

- SaveOn SP is a program comparable to Prudent Rx.
- Participants who have been on Prudent Rx will transition to the SaveOn program
- Most medications that were under your Prudent RX will be under the SaveOn Program.
- Participants will be receiving communication from Express Scripts and will be contacted about the program after annual enrollment.
- This should be a seamless experience for you.



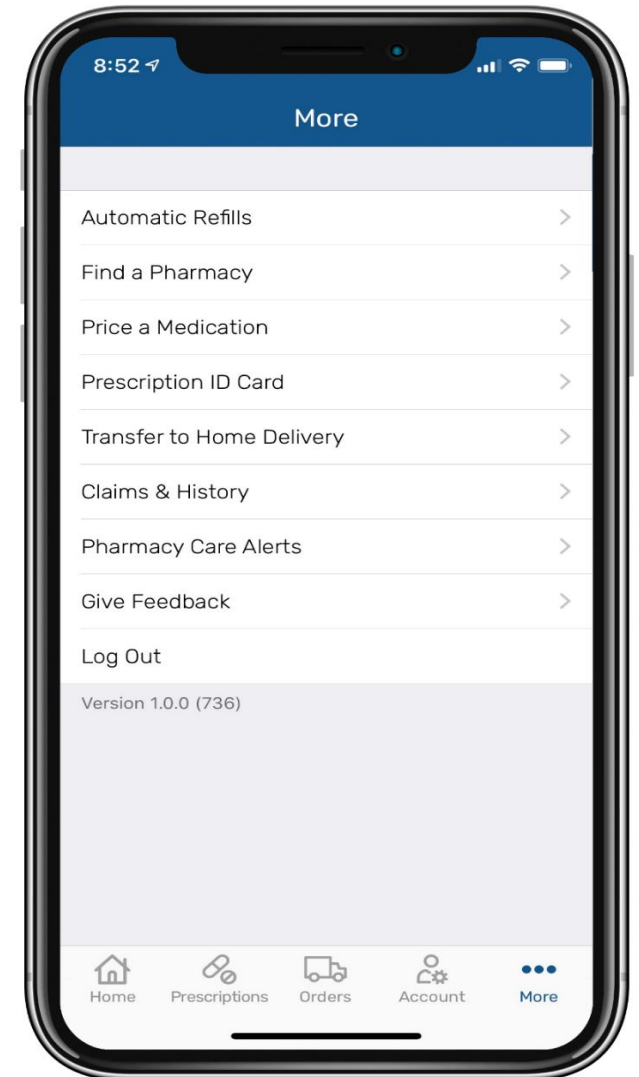
Member ID Card (digital)



The Express Scripts® Mobile App

Additional helpful tools:

- Find a pharmacy
- Price a medication
- Reminder Notifications
- Activate account on The Express Scripts Mobile App or <https://esrx.com/trsactivecare>



2023-24
TRS-ActiveCare


HEALTH BENEFITS



EXPRESS SCRIPTS®


Is delighted to be your new pharmacy benefit manager. We are here to help!

Stay Informed



Keep your finger on 'The Pulse'
(of your TRS health plan)

Scan the QR Code below to begin your registration:



For more information about upcoming benefits and enrolling, visit the enrollment toolkit!



Scan the QR Code below:

