

SAVE THE DATES



TRS will host free in-person and online events covering your 2026 TRS-Care benefits this fall! Each fair will have presentations (8:30 a.m. to noon, CST) and a “come-and-go” exhibit hall (9:00 a.m. to noon, CST). **Scan the QR code below** to register for TRS health care events, find event sites and more.

2025	Location
Tues., Aug. 12	Georgetown — Sheraton Austin Georgetown Hotel & Conference Center
Wed., Aug. 13	College Station — Texas A&M Hotel & Conference Center
Thur., Aug. 21	Sugar Land — Houston Marriott Sugar Land
Tues., Aug. 26	Beaumont — MCM Elegante Hotel & Conference Center
Thur., Aug. 28	Conroe — Hyatt Regency Conroe
Tues., Sept. 9	Mt. Pleasant — Mount Pleasant Civic Center
Wed., Sept. 10	Tyler — Holiday Inn Tyler-Conference Center IHG
Thur., Sept. 11	Mesquite — Hampton Inn & Suites Dallas/Mesquite

2025	Location
Fri., Sept. 12	Arlington — Mansfield ISD Center for the Performing Arts
Tues., Sept. 16	Lubbock — Buddy Holly Hall of Performing Arts and Sciences
Thur., Sept. 25	El Paso — Radisson Hotel El Paso Airport
Mon., Sept. 29	Wichita Falls — Delta Hotels by Marriott Wichita Falls Convention Center
Tues., Sept. 30	Abilene — DoubleTree by Hilton Abilene Downtown Convention Center
Tues., Oct. 7	Laredo — Embassy Suites by Hilton Laredo
Wed., Oct. 8	Harlingen — Harlingen Convention Center
Thur., Oct. 9	San Antonio — DoubleTree by Hilton San Antonio Airport

TRS-Care Webinars for 2026 Benefits — Join us online for a deep dive into your 2026 TRS-Care benefits. All webinars are from 10 a.m. to 11:30 a.m., CST. **Scan the QR code below** to register.

TRS-Care Dental and Vision Webinar (all TRS retirees)	TRS-Care Standard Webinar (Under 65)	TRS-Care Medicare Advantage Webinar (65+ or with a disability)
Wed., Sept. 3, 2025	Thurs., Sept. 4, 2025	Fri., Sept. 26, 2025
Wed., Sept. 17, 2025	Fri., Oct. 10, 2025	Wed., Oct. 15, 2025

WE CAN'T WAIT TO SEE YOU!

trs.texas.gov/health-benefits/events

Welcome to Your 2026 TRS-Care Health Plan!

We're proud to serve you and look forward to supporting your health and wellness in 2026.

Scan this QR code to get all you need to know about 2026 TRS-Care benefits, anytime, anywhere.

TRSCARE
TEACHER RETIREMENT SYSTEM OF TEXAS

V2

Your TRS-Care Standard 2026 premiums will stay the same for the ninth year in a row!

TRS-Care Standard 2026 Member Rewards, a way to save money on health services and use high quality providers, are here! Your deductible will increase slightly in 2026 to align with IRS guidelines. **Scan the QR code above to get all you need to know** to take full advantage of your TRS-Care benefits.

We're committed to giving you the care you can count on during this important stage of life. Please call 1-888-237-6762 with questions.

Thank you for choosing TRS-Care. We wish you a healthy and happy 2026!

TRS-Care Standard (Under 65)

TRS-Care Standard premiums include medical and pharmacy coverage. TRS-Care Standard deductibles for 2026 will increase slightly to align with IRS guidelines. **Scan the QR code on the front page of this flyer** to see details in the 2026 TRS-Care Plan Highlights.



TRS-Care Standard Monthly Premiums



	2026
Retiree only	\$200
Retiree + spouse	\$689
Retiree + child(ren)*	\$408
Retiree + family*	\$999

*TRS-Care reduces premiums for retirees with disabled children (regardless of the disabled child's age) by \$200 in tiers with covered children.

TRS-Care Dental and Vision premiums will stay the same in 2026! Open enrollment for TRS-Care Dental and TRS-Care Vision for the 2026 plan year is Oct. 1 – Dec. 8, 2025. If you're enrolling for the first time, you can **enroll yourself and your dependents in less than five minutes** through **MyTRS.texas.gov**! If you're already enrolled, you don't need to do a thing — unless you want to add eligible dependents. If you are adding eligible dependents, you can download and complete the application at **MyTRS.texas.gov** or call TRS Health at **1-888-237-6762** to get an application.

	Retiree Monthly Premiums	Retiree + Spouse Monthly Premiums	Retiree + Child(ren) Monthly Premiums	Retiree + Family Monthly Premiums
 TRS-Care DENTAL	\$41.64	\$83.29	\$87.45	\$129.93
 TRS-Care VISION	\$6.89	\$13.79	\$15.57	\$24.08

Got a TRS-Care question? Log in to **MyTRS.texas.gov** and send us a secure message — our TRS-Care health counselors are ready to help!

Don't Miss Out on Your TRS-Care Benefits!

What's New in 2026

- No premium changes! Your TRS-Care Standard premiums have stayed the same for **nearly a decade!**
- TRS-Care Member Rewards — After you meet your deductible, access benefits and programs to help you save money and earn rewards for healthy living. **Earn up to \$599 in rewards each year!**
- TRS-Care Standard deductibles will increase slightly in 2026 to align with IRS guidelines, allowing participants to continue using a health savings account (HSA).
- **Scan the QR code on the front page** to learn more in the **2026 TRS-Care Plan Highlights**.

What Can You Expect From Your TRS-Care Plans?

- **Comprehensive Benefits** — Preventive care with \$0 screenings
- **Access to Quality Care** — Convenient, broad networks of high-quality specialists and primary care providers
- **Virtual Medical Visits** — Low-cost telemedicine: \$30 or \$42 for diagnostic care
- **Member Support** — Ask us anything! We can help!



Medical questions? Call Blue Cross Blue Shield of Texas at 1-866-355-5999.

Pharmacy questions? Call Express Scripts at 1-855-778-1459.