

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	2025	Location
Tues., Aug. 12	Georgetown — Sheraton Austin Georgetown Hotel & Conference Center	Fri., Sept. 12	Arlington — Mansfield ISD Center for the Performing Arts
Wed., Aug. 13	College Station — Texas A&M Hotel & Conference Center	Tues., Sept. 16	Lubbock — Buddy Holly Hall of Performing Arts and Sciences
Thur., Aug. 21	Sugar Land — Houston Marriott Sugar Land	Thur., Sept. 25	El Paso — Radisson Hotel El Paso Airport
Tues., Aug. 26	Beaumont — MCM Elegante Hotel & Conference Center	Mon., Sept. 29	Wichita Falls — Delta Hotels by Marriott Wichita Falls Convention Center
Thur., Aug. 28	Conroe — Hyatt Regency Conroe	Tues., Sept. 30	Abilene — DoubleTree by Hilton Abilene Downtown Convention Center
Tues., Sept. 9	Mt. Pleasant — Mount Pleasant Civic Center	Tues., Oct. 7	Laredo — Embassy Suites by Hilton Laredo
Wed., Sept. 10	Tyler — Holiday Inn Tyler-Conference Center IHG	Wed., Oct. 8	Harlingen — Harlingen Convention Center
Thur., Sept. 11	Mesquite — Hampton Inn & Suites Dallas/Mesquite	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

Enroll in TRS-Care Dental and TRS-Care Vision Today!

Read on to see why we're the care you can count on.



Enrollment Opportunity

Dental & Vision Care

MyTRS Login



Plan Documents

Find It Fast

All you need to know about 2026 TRS-Care benefits, anytime, anywhere.

TRS-Care Dental and Vision

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
	\$41.64	\$83.29	\$87.45	\$129.93
	Retiree Monthly Premiums	Retiree + Spouse Monthly Premiums	Retiree + Child(ren) Monthly Premiums	Retiree + Family Monthly Premiums
	\$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!

You can expect:


Easy access
to quality care


Great customer
service



High-value
benefits


Broad provider
networks

MetLife is the TRS-Care Dental and Vision carrier. Scan the QR code on the front page to explore these benefits. These are optional plans with separate premiums. You can choose to enroll in dental, vision or both if:

1. You were eligible for TRS-Care when you retired but didn't enroll at the time, or
2. You're a surviving spouse and/or dependent of a deceased TRS-Care-eligible retiree.

Don't miss out on your TRS-Care Dental & Vision benefits!


Enrolled in TRS-Care
Dental and Vision?

YES

NO

- Add eligible dependents to your plans during open enrollment Oct. 1 – Dec. 8, 2025!
- Call TRS Health at 1-888-237-6762!

- Join now to see and smile with confidence!
- Head to **MyTRS.texas.gov** to enroll yourself and your eligible dependents in less than five minutes!
- Open enrollment is Oct. 1 – Dec. 8, 2025


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



Get More Information

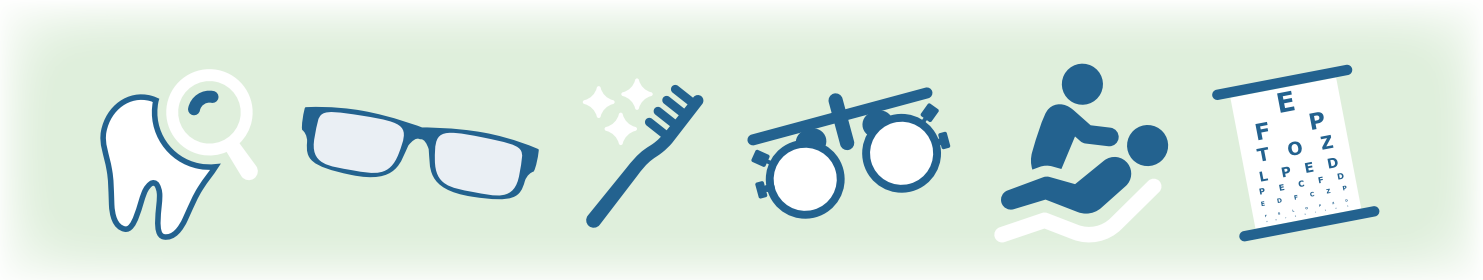



- Scan the QR code or visit **www.trs.texas.gov/trs-care-resources** for **all you need to know** about your 2026 TRS-Care benefits, anytime, anywhere.
- Register for TRS-Care Events — get dates, times, locations, overviews and more!
- Access your TRS-Care Dental and Vision vendor website from MetLife.



Next Steps and Checklist

- **Do it Now!** Check out your TRS-Care event invitation on the back of this flyer.
- **Attend a TRS-Care Health Education Fair in person or join a TRS-Care Webinar online this fall** to learn about the dental and vision plans. Event dates are on the back of this flyer.
- **Enroll in TRS-Care Dental and/or TRS-Care Vision** at **MyTRS.texas.gov**. Annual open enrollment for these plans is Oct. 1 – Dec. 8, 2025.





Resources

- **Call TRS Health** at 1-888-237-6762, Monday–Friday from 7 a.m.–6 p.m., CST with questions about enrollment and eligibility.
- **Call MetLife** at 1-855-488-0522 with questions about dental and vision benefits.