

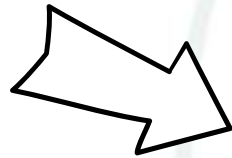


## TRS-Care Dental & TRS-Care Vision

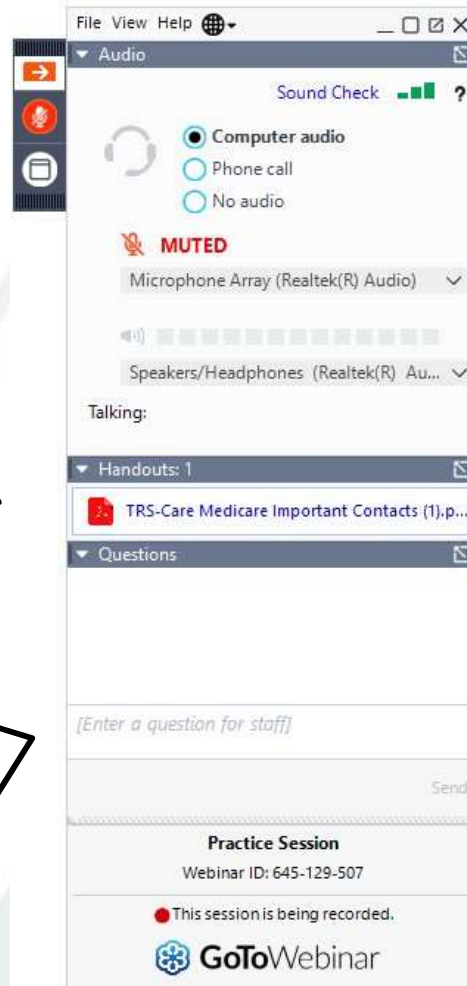
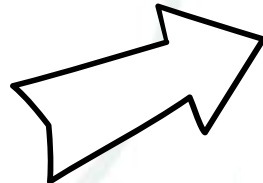
See and Smile with Confidence in 2025!

# Housekeeping

Download the handouts here.



Enter your questions here.



- All participants are muted.
- If you don't see the Handouts pane, select **View > Handouts** in the top menu bar of the control panel.
- Go to [support.goto.com/webinar](https://support.goto.com/webinar) for help.

# TRS-Care Health Education Fairs for 2025 Benefits

## August Health Education Fairs

Wednesday, Aug. 21, 2024 – Round Rock  
Tuesday, Aug. 27, 2024 – San Angelo  
Wednesday, Aug. 2024 – Fredericksburg  
Thursday, Aug. 29, 2024 – San Antonio

## September Health Education Fairs

Tuesday, Sept. 3, 2024 – Tyler  
Wednesday, Sept. 4, 2024 – Ft. Worth  
Thursday, Sept. 5, 2024 – Arlington  
Friday, Sept. 6, 2024 – Frisco  
Tuesday, Sept. 10, 2024 – Conroe  
Wednesday, Sept. 11, 2024 – Houston  
Thursday, Sept. 12, 2024 – West Houston  
Friday, Sept. 13, 2024 – Galveston  
Tuesday, Sept. 17, 2024 – El Paso  
Tuesday, Sept. 24, 2024 – McAllen  
Wednesday, Sept. 25, 2024 – Harlingen  
Thursday, Sept. 26, 2024 – Corpus Christi  
Friday, Sept. 27, 2024 – Laredo

## October Health Education Fairs

Tuesday, Oct. 1, 2024 – Beaumont  
Wednesday, Oct. 2, 2024 – Waco  
Tuesday, Oct. 8, 2024 – Amarillo  
Wednesday, Oct. 9, 2024 – Lubbock  
Thursday, Oct. 10, 2024 – Midland/Odessa



*All events are from 9:00 a.m. to 12:00 p.m.,  
local time. Early bird events start at 8:00 a.m.*

**[www.trs.texas.gov/healthevents](http://www.trs.texas.gov/healthevents)**

# Agenda



- **Eligibility, Enrollment and Premiums (TRS)**
- **TRS-Care Dental Benefits (MetLife)**
- **TRS-Care Vision Benefits (MetLife)**
- **Live Question & Answer Session**



# Eligibility, Enrollment & Premiums

TRS-Care Dental and TRS-Care Vision



# Who's Eligible?

The eligibility requirements for TRS-Care Dental and TRS-Care Vision are the same as the requirements to qualify for other TRS-Care plans.



**Service  
Retirees**



**Retirees with  
Disabilities**



**Eligible  
Dependents**

A service retiree is not eligible to enroll in TRS-Care if they are eligible for ERS, UT System or A&M System health benefit program coverage.

# When can I enroll in TRS-Care Dental and TRS-Care Vision?

- Enrollment is from Oct. 1 to Dec. 7, 2024.
- If you enroll during this time, your coverage starts Jan. 1, 2025.
- Once you enroll, you are enrolled for the whole plan year, Jan. 1 to Dec. 31, 2025.
- ***You don't need other TRS-Care health coverage to enroll. You can enroll in Dental, Vision or both.***
- TRS-Care Dental and TRS-Care Vision are two separate plans, each with their own premium.



# How can I enroll?



## By Phone

TRS has expanded phone hours for TRS-Care Dental and TRS-Care Vision enrollment.

Starting Oct. 1, call TRS Health at 1-888-237-6762 Monday–Friday, 7am–6pm and Saturday 9am–1pm to enroll!



## Mail Applications

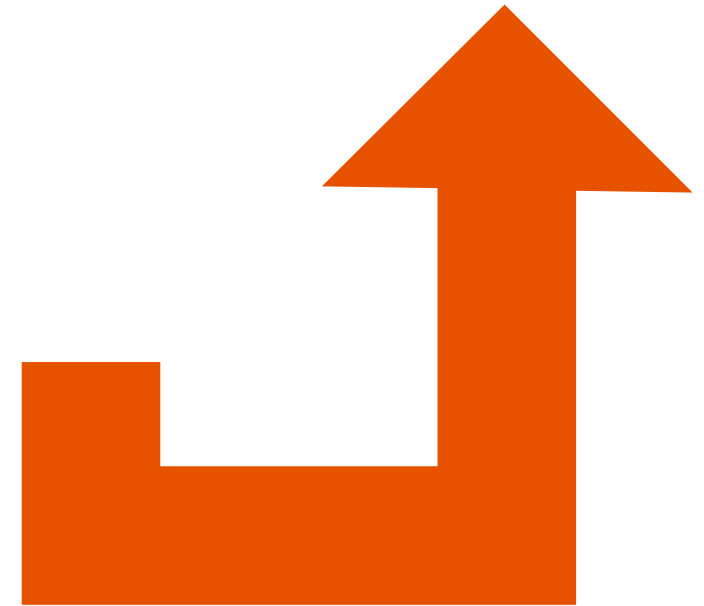
Eligible retirees got an enrollment application in the mail. Just fill it out and send it back to TRS by Dec. 7 for coverage to start Jan. 1, 2025!

# Can I reenroll?

**YES! Eligible people can reenroll in TRS-Care Dental, TRS-Care Vision or both:**

- During the annual enrollment period; or
- If they have a qualifying life event, such as:
  - Involuntary loss of other comprehensive health coverage (through no fault of their own)
  - Getting a new dependent

Call TRS Health at 1-888-237-6762.



# TRS-Care Dental Premiums

Premium Tiers	2025
Retiree Premium	\$41.64
Retiree + Spouse	\$83.29
Retiree + Child(ren)	\$87.45
Retiree + Family	\$129.93



# TRS-Care Vision Premiums

Premium Tiers	2025
Retiree Premium	\$6.89
Retiree + Spouse	\$13.79
Retiree + Child(ren)	\$15.57
Retiree + Family	\$24.08



# Pop Quiz!

TRS-Care Dental and TRS-Care Vision eligibility requirements **are the same** as other TRS-Care coverage requirements.

- A. True
- B. False

**True!** And **you don't need TRS-Care health and pharmacy coverage** to enroll in TRS-Care Dental, TRS-Care Vision or both.

## *Join the Conversation!*

Attend a **quarterly TRS-Care webinar** to learn more and ask your questions live.





**TRS-Care Dental**

**NEW for 2025!**



# Dental PPO – A plan that offers, choice, savings and anywhere, anytime service



**In Network Negotiated Fees**



**Nationwide PDP Plus Network**



**International Dental Travel Assistance Program**



**Flexibility To Go To Any Dentist**



**Access to Quality Dental Providers with MetLife<sup>SM</sup> Spotlight on Oral Health<sup>SM</sup>**



**Annual Benefits Maximum Incentive Provision**

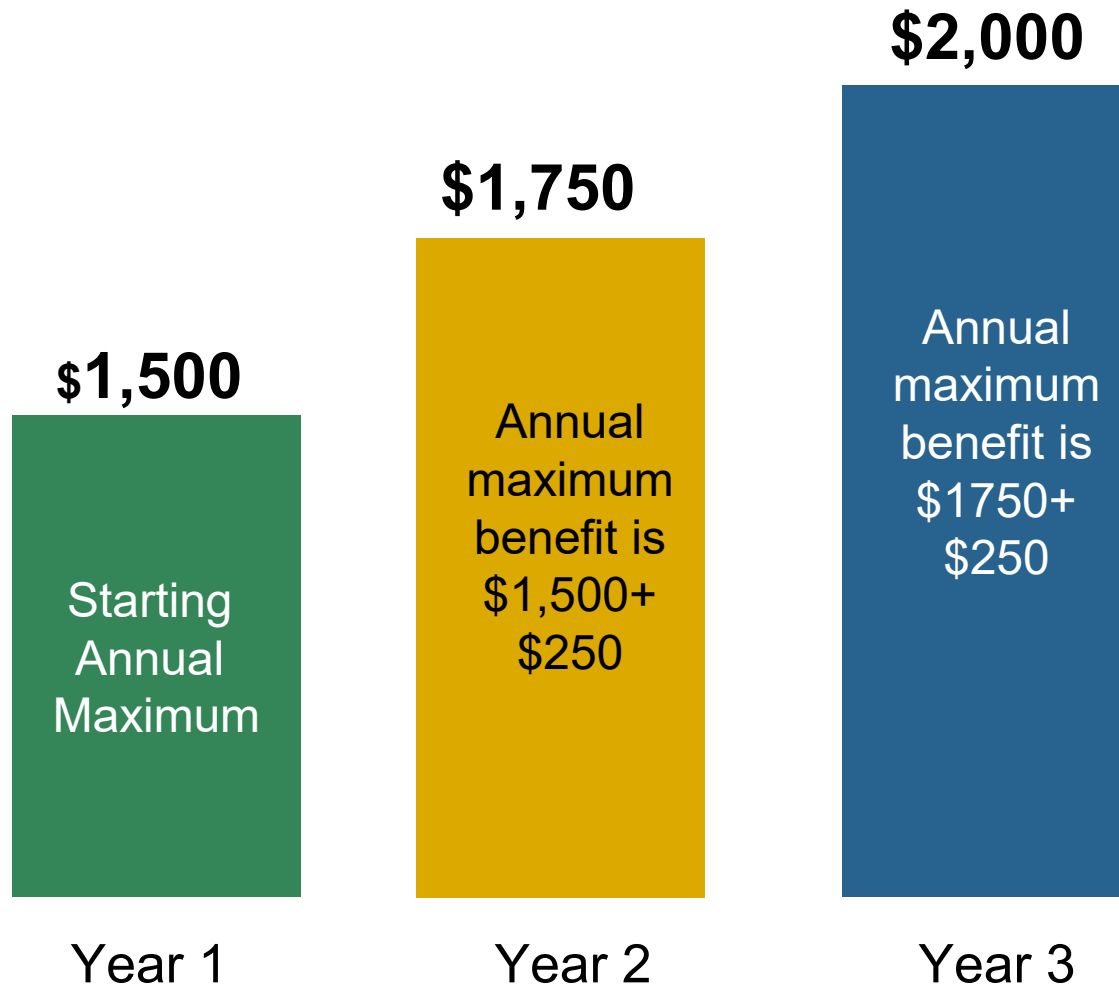
# Dental Benefits Summary: PDP Plus Network

Services Provided	In-network Dentists: percent of negotiated fee	Out-of-network Dentists: scheduled amount
<b>Annual Deductible</b> <ul style="list-style-type: none"> <li>B and C services apply</li> </ul>	\$50 individual deductible /\$150 family deductible	
<b>Annual Benefits Maximum</b> <ul style="list-style-type: none"> <li>B and C services apply</li> </ul>	\$1,500 per covered person	
<b>Type A: Preventive Services</b> <ul style="list-style-type: none"> <li>2 Exams and cleanings in a calendar year</li> <li>2 Periodontal cleanings in a calendar year                             <ul style="list-style-type: none"> <li>- w/periodontal disease diagnosis</li> </ul> </li> <li>X-rays (full mouth and bitewing)</li> <li>Cleanings (including Periodontal)</li> </ul>	100%	100%

# Dental Benefits Summary: PDP Plus Network

Services Provided	In-network Dentists: percent of negotiated fee	Out-of-network Dentists: scheduled amount
<b>Type B: Basic services</b> <ul style="list-style-type: none"> <li>• Fillings</li> <li>• X-rays (periapical)</li> <li>• Emergency Palliative Treatment</li> </ul>	70%	70%
<b>Type C: Major services</b> <ul style="list-style-type: none"> <li>• Crowns</li> <li>• Root Canals</li> <li>• Dentures</li> <li>• Implants</li> <li>• Bridges</li> </ul>	50%	50%
<b>Incentive Provision</b>	Yes	

# Incentive Provision



- Your annual maximum benefits coverage will increase by \$250 if you get **2 exams and cleanings in the prior year.**
- You keep the higher maximum benefit as long as you remain enrolled in the plan.
- Total maximum increase of \$500

# Rewarding Healthy Behavior with Dental Incentives

## How it Works



### Benefit

### Plan's Incentive Provision

### Benefit for qualifying members

Starting Annual Maximum: **\$1,500**

+ Members who receive 2 exams and cleanings in the previous year earn a **\$250** increase in their annual max (capped after 2 years)

Year 1: **\$1,500 annual max**

Year 2: **\$1,750 annual max**

Year 3: **\$2,000 annual max**

## Olivia's Experience

1

Olivia's dentist recently told her that she needs a bridge to fix two of her teeth, which usually costs \$2,200.

2

Because Olivia got two cleanings and exams in her first year on the plan and was currently on the second year of her MetLife Incentive Provision benefit, MetLife increased her annual maximum from \$1,500 to \$1,750.

3

By increasing her annual maximum Olivia had enough benefit for MetLife to pay 50% of the cost.

# SpotLite on Oral Health



**SpotLite Preferred Dentist Program (PDP) awards special recognition to dentists annually who have shown a focus on preventive care and improved health outcomes.**

**It also helps connect Retirees with these designated dental providers.**

**Empowering Retirees to select qualifying dentists means improved health ...**

- 
- More preventive care
  - Reduced disease and risk for disease
  - Easily searchable and accessible via online tools
- 
- Quantifiable benefits backed by industry standards of care
  - Reduces cost over time
  - Encourages dentists to improve care to reach and/or maintain designation
  - Results in a more loyal and stable network

# TRS-Care Member Experience



## Meet TRS Member, Kendra

Retired Kindergarten teacher (25 years)

- District: Fort Bend ISD's Commonwealth Elementary, Houston
- Hobbies: Spending time with her grandkids (Emma, Jack, Liam) and taking pottery classes

- 1 TRS member attends the **TRS-Care Health Education Fair** .
- 2 Kendra wants to learn more about MetLife dental benefits and uses a QR code on the brochure.
- 3 Kendra is impressed with MetLife's dental network size and the MetLife SpotLite program. Kendra enrolls as a TRS-Care Dental Member.
- 4 A month later, Kendra learns she needs a crown, which usually costs **\$1,361**.<sup>1</sup>
- 5 Kendra uses MetLife's **provider search tool to view SpotLite awarded providers** in her area.
- 6 Since her new dentist is in-network, they agreed to provide services for **\$694**.
- 7 Her TRS-Care Dental insurance covers 50% for this procedure. Kendra already paid her annual deductible.
- 8 **Kendra's savings is \$333.50** <sup>2</sup> and her in-network dentist submits the claim.

<sup>1</sup> Based on MetLife data for a crown (D2750) in ZIP code 78701. This example is used for informational purposes only. Fees in your area may be different. Example assumes any deductible has been met and the annual maximum benefit has not been reached.

<sup>2</sup> Hypothetical examples are for informational purposes only. Your costs and savings could vary based on your plan design, where you live and whether your plan requires a deductible or coinsurance. Please see your certificate of insurance for details about your coverage.

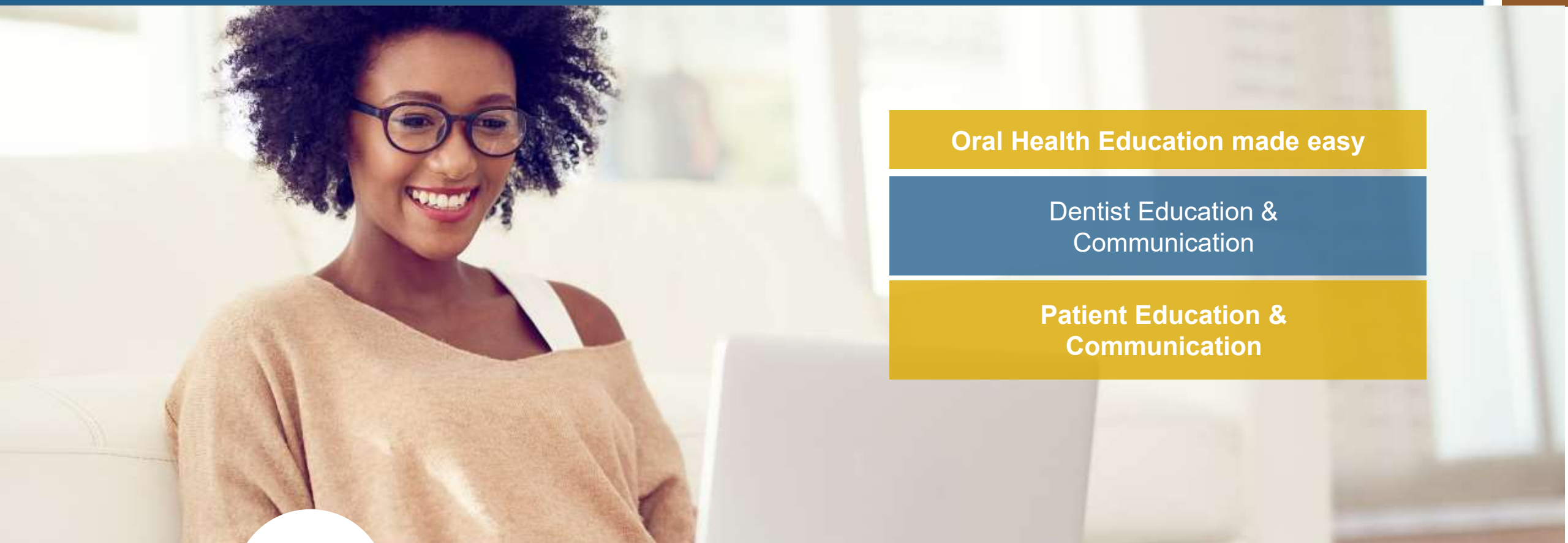
# Savings that matter to TRS members: out-of-pocket costs

If I need a root canal...”



	Bob goes in network	Marcie goes out of network
Dentist’s usual charge	\$1,460.00	\$1,460.00
Negotiated fee	\$682.00	N/A
Scheduled amount	N/A	\$1,460.00
The plan pays	\$341.00	\$730.00
	Bob pays \$341.00 (after \$50 deductible)	Marcie pays \$730.00 (after \$50 deductible)

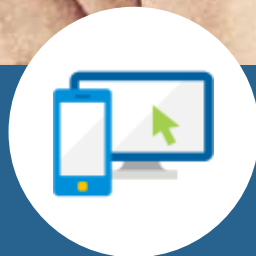
# Helping Members Make Smarter Choices



Oral Health Education made easy

Dentist Education &  
Communication

Patient Education &  
Communication



**Visit MetLife's Oral Health Library**

[www.oralfitnesslibrary.com](http://www.oralfitnesslibrary.com)

# Find a Dental Provider

Choose from **thousands of general dentists and specialists** nationwide. Find the names, addresses, languages spoken and phone numbers of participating dentists with our **Find a Dentist** directory.



## Step 1:

Go to [www.metlife.com/info/trs-care](http://www.metlife.com/info/trs-care)



## Step 2:

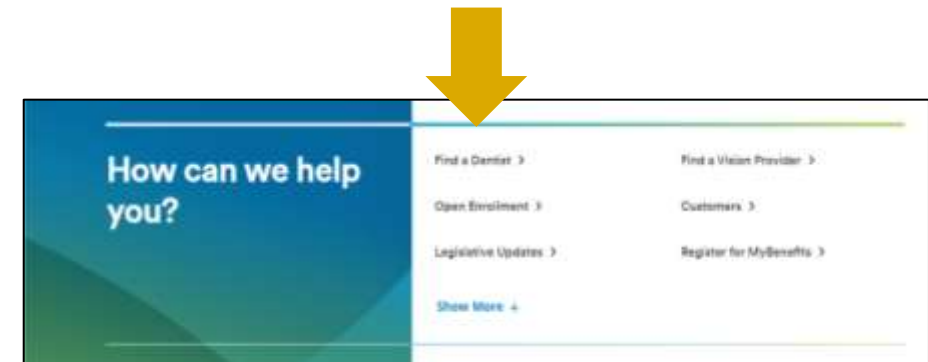
Select “Find a Dentist” next to “How can we help you?”



## Step 3:

Select “PDP Plus” next to “Choose your network.”

Enter your Zip, City or State and select the “Find a Dentist” button. You will then be prompted to select your plan from the list. The plan name is located in your Schedule of Benefits.



# Locate a Provider Thru the Online Tools

MetLife SpotLite<sup>SM</sup>

1

**THOMAS NICHOLSON, DMD**  
450 MOUNTAIN AVE  
SPRINGFIELD, NJ 07081  
(973) 467-0045

Accepts new patients: Yes  
Specialties: General and Family  
Dentistry  
Handicap Accessible: No  
0.3 miles

DETAILS

MetLife SpotLite<sup>SM</sup>

2

**HEATHER SMITH BRIGGS, DMD**  
NJ DENTAL PARTNERS ONE LLC  
901 MOUNTAIN AVE STE SC-13  
SPRINGFIELD, NJ 07081  
(973) 218-9800

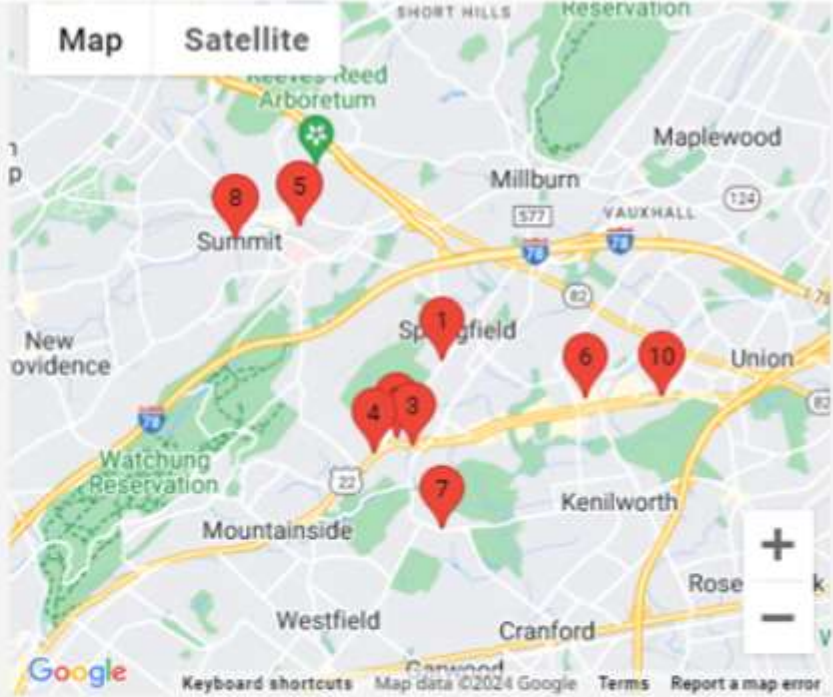
Accepts new patients: Yes  
Specialties: General and Family  
Dentistry  
Handicap Accessible: Yes  
1.0 miles

DETAILS


MetLife SpotLite<sup>SM</sup>

DETAILS

Map Satellite



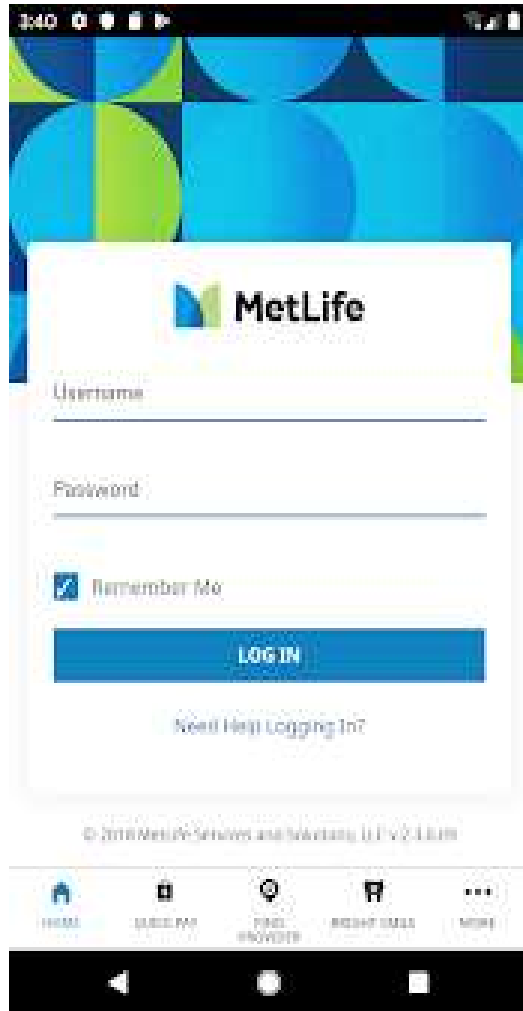
Keyboard shortcuts Map data ©2024 Google Terms Report a map error



**MetLife SpotLite  
on Oral Health<sup>SM</sup>**

24

# Dental Mobile App



## Find an in-network Provider

- By name or location (zip code)
- SpotLite on Oral Health nominated
- Confirm dental network name

## View your claims and dependent claims

## Cost Estimator

## Deductible and calendar year maximum status

## View covered procedures

## Access and print your electronic ID card

- You don't need your ID card to get dental services

# Cost Per Month and TRS-Care Dental Website

Dependent Tier	Monthly Dental Premium
Retiree Only	\$41.64
Retiree + Spouse	\$83.29
Retiree + Child(ren)	\$87.45
Retiree + Family	\$129.93



Got to [www.metlife.com/info/trs-care](http://www.metlife.com/info/trs-care)  
or scan this QR code to visit us online!

# Pop Quiz!

What's the buzz on TRS-Care Dental in 2025?

- A. In-Network Negotiated Fees
- B. Nationwide PDP Plus Network
- C. International Dental Travel Assistance Program
- D. Flexibility To Go To Any Dentist
- E. Access to Quality Dental Providers with MetLife Spotlight on Oral Health
- F. Annual Benefits Maximum Incentive Provision
- G. All the above

The answer is G! This new, optional plan will offer **extensive provider networks and benefits** to help you smile with confidence in 2025!

*Join the Conversation!*

Attend a **quarterly TRS-Care webinar** to learn more and ask your questions live.





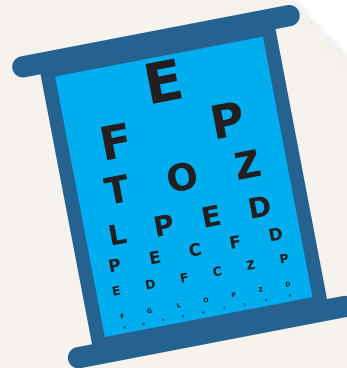
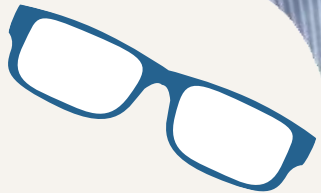
**MetLife**



**TRS-Care  
VISION**

**TRS-Care Vision**

**New for 2025!**



# Vision exams are an important aspect of preventive care.

## Vision exams are a key part of early disease detection

**Why members  
need vision benefits**



Vision care, not just eyewear



More screentime (iPads, tablets, cell phones)



Affordability and Access

**30+ chronic medical conditions  
detected including:<sup>4</sup>**



Diabetes

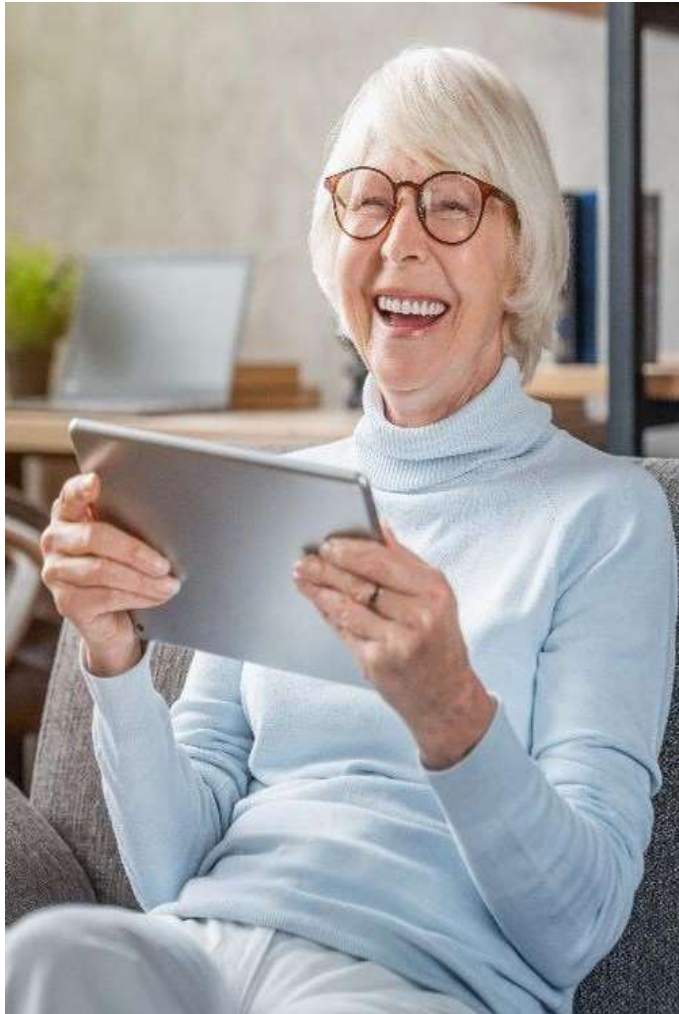


Hypertension



High Cholesterol

# Superior Vision by MetLife: Savings, Choice and Convenience!



## In-network benefits for a wide range of covered services

- Coverage for annual eye exam
- Annual allowances (every 12 months) for either prescription eyeglasses or contact lenses
- Coverage for diabetic exam plus ophthalmological services
- Coverages and discounts on eyeglass lens enhancements
- Discounts on additional pairs of prescription glasses and contact lenses
- Discounts on laser vision correction
- Free hearing exam and a discount of up to 40% off the national average for hearing aids

# Superior Vision by MetLife: savings, choice and convenience



## Option to see any licensed ophthalmologists, optometrists and opticians at participating retail and private practice locations

- Superior Vision's network includes the top 50 retailers – most notably, America's Best Contacts & Eyeglasses, Costco Optical, Eyeglass World, LensCrafters, Pearle Vision, Target Optical, VisionWorks, Walmart and more
- Popular online in-network eyewear stores, including Glasses.com, ContactsDirect, 1-800-contacts, Befitting and Warby Parker

## Out-of-network coverage

- Various reimbursement levels for annual eye exams, lenses, frames, contacts

# Vision Benefits Summary – Frames and Lenses

Superior Vision Network

Benefit Type	In-Network Coverage	Frequency
<b>Eye exam</b> (one per frequency)	Covered in full after \$15 copay	ONCE Every Plan Year
<b>Eyewear</b>	\$10 copay	ONCE Every Plan Year
<b>Frame Allowance</b>	Covered up to \$150 allowance after eyewear copay  Additional \$25 frame allowance at LensCrafters, select Pearl Vision, Target Optical, and participating independent providers  Additional 20% off overage (not available at not available at Walmart, Sam's Club and Target)	ONCE Every Plan Year
<b>Standard Corrective Lenses</b> <ul style="list-style-type: none"><li>• Single Vision</li><li>• Lined bifocal/trifocal</li><li>• Lenticular</li></ul>	Covered in full after eyewear copay	ONCE Every Plan Year

# Vision Benefits Summary – Contact Lenses

Superior Vision Network

Benefit Type	In-Network Coverage	Frequency
Contact Lens Allowance	\$150 allowance, 10% of overage for disposable contacts; 20% off overage for conventional contacts (discount not available at Walmart and Sam's Club)	ONCE Every Plan Year
Contact Lens Fit and Follow-up	\$30 copay Standard: Covered in full, after copay Specialty: \$50 allowance, after copay	ONCE Every Plan Year
Other:	A National Hearing Network of hearing care professionals, featuring Your Hearing Network, offers Superior Vision members discounts on services, hearing aids and accessories.	

# Vision Benefits Breakdown | Superior Vision Network



**For Members with diabetes, glaucoma, and age-related vision issues**

With the **Diabetic Eyecare Benefit**, members who have either Type 1 or Type 2 diabetes who also have specific conditions such as Glaucoma or Age-Related Macular Degeneration will qualify for additional benefits.

Service or Material	In-network	Out-of-network
Diabetic Exam and Other Ophthalmological Services	Covered in full after \$15 copay.	\$100 allowance

Services are not available at Walmart, Sam’s Club and Costco

# Access to many popular retail chains

We use retail chains you know and trust. The **top 50** national and retail chains are in-network!

**AMERICA'S BEST**  
CONTACTS & EYEGLASSES.

**COHEN'S**  
Fashion Optical

**COSTCO**  
OPTICAL

  
**For Eyes**

 **NATIONWIDE**  
**VISION**  
Our Team. Your Vision

  
**Sam's**  
CLUB

**Walmart** 

**PEARLE**  
VISION

 **TARGET**  
Optical

 **Visionworks**

- 1800 Contacts
- America's Best
- BJ's Optical
- Clarkson Optometry
- Co/Op Optical
- Cohen's Fashion Optical
- Contacts Direct
- Costco Optical
- Dean Optical
- Doctors Valuvision
- Dr. Tavel's Family Eye Care
- Eyecare Associates
- EyeDoctors Optical Outlet
- Eye Works
- Eyecare Partners
- Eyecarecenter
- Eyeglass World
- Eyeglasses Unlimited Inc.
- Eyemart Express
- Eyemasters
- For Eyes
- General Vision Services
- Glasses.com
- H Rubin Vision Center
- Horizon Eye Care
- LensCrafters
- Lo Optical
- MyEyeDr
- National Vision Inc.
- Nationwide Optometry
- Nationwide Vision Centers
- Nationwide Vision inside JC Penney
- New Vision Optical
- North American RX I Wear Inc.
- Macy's Optical
- Meijer Vision Center
- Optical Inside CVS Pharmacy
- Opticare Vision Center
- Pearle Vision1
- RX Optical Laboratories
- Sam's Club
- SEE Eyewear
- Shopko Optical
- Sight Shop
- Site for Sore Eyes
- Spectacle Shoppe
- Spex
- Stanton Optical
- Sterling Optical
- SVS Vision
- Target Optical
- Texas State Optical
- Today's Vision
- Vision 4 Less
- Vision Pro
- Vision Source
- Vision Values by Dr. Tavel
- Visionworks
- Vista Optical
- Vision Centers In Walmart
- Walmart
- Warby Parker

Additional Recruitment efforts if needed

# TRS-Care Member Experience



## Meet TRS Member, Reggie

Retired SPED Teacher (15 years)

- CFBISD, Country Place Elementary Carrollton
- Hobbies: Hiking with his dog, Bandit, and cooking with his wife, Michelle

- 1 Reggie learned about MetLife Superior Vision through a **TRS-Care virtual information session**.
- 2 He found a nearby Superior Vision eye doctor through the MetLife **provider search tool** and went in for his **annual exam**.
- 3 Reggie learned he needs bifocals which **usually cost \$482** total for the exam, frames, and lenses, without insurance.
- 4 Reggie paid a **\$15 copay** for his eye exam. He paid an additional **\$33.26 for his frames after his \$150 frame allowance** with an **additional 20% off overage**, and his bifocal lenses were covered in full
- 5 Reggie's in-network doctor submits the claim and Reggie benefits from a **\$433.74 in savings!**

# Savings that matter to TRS members: out-of-pocket costs

	U.S. average retail <sup>2</sup>	Superior Vision Benefits	Member Pays
Exam	\$154.29	\$15 copay	\$15
Frame	\$179.95	\$150 allowance with 20% off overage	\$23.96
Materials Copay	NA	\$10 copay	\$10
Progressive lens: Standard	\$153.00	Covered in Full	\$0
Anti-reflective coating: Standard	\$110.00	Covered in Full	\$0
UV coating	\$22.00	Covered in Full	\$0
Polycarbonate (adult)	\$63.00	Up to \$40	\$40
Photochromic tint	\$109.00	Covered in Full	\$0
<b>Member out-of-pocket costs<sup>2</sup></b>	<b>\$791.24</b>		<b>\$88.96</b>
<b>Member savings of \$702.28</b>			

# Find a vision provider

Choose from **thousands of private practice optometrists and ophthalmologists** nationwide, as well as many **large retail chain stores**.

Find the names, addresses, languages spoken and phone numbers of participating vision providers with our **Find a Vision Provider** directory.



Step 1:

Go to [www.metlife.com/info/trs-care](http://www.metlife.com/info/trs-care)



Step 2:

Select “Find a Vision Provider” next to “What would you like to do today?”



Step 3:

“Choose the Superior Vision network\*.”

Enter your Zip, City or State and select the “Find a Vision Provider” button. You will then be prompted to select your plan from the list. The plan name is located in your Schedule of Benefits.

How can we help you?

- Find a Dentist >
- Open Enrollment >
- Legislative Updates >
- Show More +
- Find a Vision Provider >
- Customers >
- Register for MyBenefits >

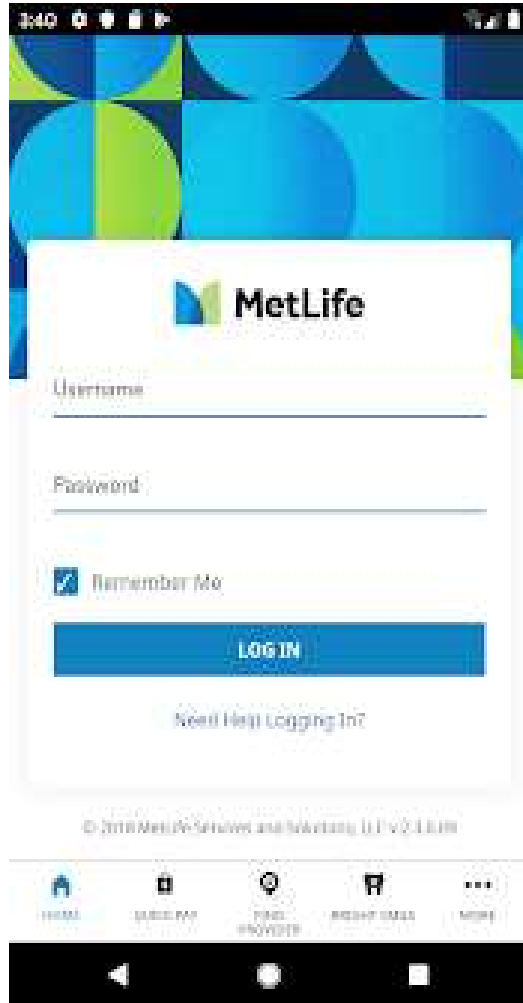
Choose your network provider

- Davis Vision >
- VSP Choice >
- Federal Vision Plan (FEDVIP) >
- Superior Vision >
- VisionAccess >

☐ Eyewear Dispensing Provider

Search Now Clear Form

# Mobile App



## Find an in-network Provider

- By name, location (zip code) or miles to nearest provider
- Confirm vision network name

## Access and print your electronic ID card

- You don't need your ID card to get vision services

# Cost Per Month and TRS-Care Vision Website

Dependent Tier	Monthly Vision Premium
Retiree Only	\$6.89
Retiree + Spouse	\$13.79
Retiree + Child(ren)	\$15.57
Retiree + Family	\$24.08



Go to [www.metlife.com/info/trs-care](http://www.metlife.com/info/trs-care) or scan this QR code to visit us online!

# Pop Quiz!

Which **in-network benefits** will TRS-Care Vision offer in 2025?

- A. Coverage for **annual eye exam**
- B. Annual allowances (every 12 months) for either **prescription eyeglasses or contact lenses**
- C. Coverage for **diabetic exam** plus ophthalmological services
- D. Coverages and discounts on **eyeglass lens enhancements**
- E. Discounts on **more pairs** of prescription glasses and contact lenses
- F. Discounts on **laser vision correction**
- G. **Free hearing exam** and a discount of up to **40% off** the national average for hearing aids
- H. **All the above**

**The answer is H!** This new, optional plan will offer **extensive provider networks and benefits** to help you see with confidence in 2025!

## ***Join the Conversation!***

Attend a **quarterly TRS-Care webinar** to learn more and ask your questions live.



# Comparing TRS-Care Medicare Advantage (UHC) and TRS-Care Vision (MetLife) Benefits

Comparison	TRS-Care Vision by MetLife	TRS-Care Medicare Advantage by UnitedHealthcare	Considerations
Coverage	For non-Medicare & Medicare-eligible retirees and dependents	Only for Medicare-eligible retirees	If you are over 65
Annual Eye Exam	\$15	\$0	Only need eye exams
Materials (Eyeglasses, contact lenses, etc.)	\$150 allowance after \$10 copay for either eyeglasses or contact lenses. 20% off over allowance.	Up to \$70 allowance for eyeglasses or up to \$105 for contact lenses.	Frequently change eyeglasses/contacts
Claims Processing	Eye Exam: Provider submits claim on member's behalf (in-network only) Materials: Provider submits claim on member's behalf (in-network only)	Eye Exam: Provider submits claim on member's behalf (in-network only)  Materials: Member submits a claim to UHC for reimbursement	
Hearing Network	Network restrictions – Your Hearing Network	Network restrictions – UnitedHealthcare Hearing	
Hearing Exam	\$0	\$0	
Hearing Aids	Discounted options; up to 40% off	Up to \$500 allowance every 3 years	

# Thank You!



## **TRS-Care Eligibility and Enrollment (TRS)**

1-888-237-6762, Mon–Fri, 7 a.m.–6 p.m. CST

[www.trs.texas.gov/Pages/trs-care-dental-vision](http://www.trs.texas.gov/Pages/trs-care-dental-vision)



## **TRS-Care Dental Benefits (MetLife)**

1-855-488-0522, Mon–Fri, 7 a.m.–10 p.m. CST

[metlife.com/trs-caredental](http://metlife.com/trs-caredental)



## **TRS-Care Vision Benefits (MetLife)**

1-855-488-0522, Mon–Fri, 7 a.m.–8 p.m. CST, Sat 8 a.m.–3 p.m. CST

[metlife.com/trs-carevision](http://metlife.com/trs-carevision)