

# Make the Most of Your Health Care



Engaging with your TRS-Care plan helps you stay healthy and improves health outcomes. We want you to make the most of your TRS-Care plan! We're happy to announce that TRS-Care premiums will stay the same through 2023 and the deductible will decrease from \$500 to \$400.

In addition, we're pleased to offer a few new benefits and value-added services as part of your TRS-Care Medicare plans!

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## BENEFIT ENHANCEMENTS!

- **NEW Lowered deductible:** The deductible will decrease from \$500 to \$400 for the new plan year.
- **Reduced routine eyewear period:** You can now use your glasses benefit or contact lens allowance once every 12 months instead of every 24 months.
- **Discounted SilverBells:** The member discount program (LifeMart) is adding SilverBell. SilverBells is a financial concierge vendor that ensures you correctly pay your household bills, assists with budgeting guidance, and increases financial stability. As a TRS-Care Medicare Advantage participant, you now receive 20% off the retail service rate.
- **Real Appeal® — Fitness on Demand:** The success kits now provide Real Appeal enrollees access to Fitness on Demand at no additional cost. This program features hundreds of workout videos that match your level and goals.
- **Personal Emergency Response System (PERS):** PERS is offering an enhanced device option with a new Wandering feature that provides more protection by notifying caregivers and Lifeline's response team when a member wanders outside of customized parameters.
- **UnitedHealthcare Hearing:** If you purchase a Premium Level Hearing Aid, you get a free accessory that connects to the hearing aid. The accessory costs up to \$200. You can select a TV connector/streamer, remote control or mini remote microphone.



## WANT TO LEARN MORE?

Come to a TRS-Care Health Fair! We're excited to go back on the road this fall to bring our health fairs to a city near you!

### **What are health fairs?**

TRS health fairs will give you a chance to explore your benefits! They'll feature booths hosted by health vendors that we partner with to administer your health plans.

You'll have the opportunity to talk with our health vendors, UnitedHealthcare, SilverScript, and other relevant vendors in-person. You can also learn more about the TRS-Care Medicare benefits, sign up for programs, and meet fellow retirees. Our goal for the health fairs is to provide more interaction and clearer communication between you and your health plan. And for you to have an enjoyable time!

### **Will TRS offer virtual information sessions?**

Yes! In addition to in-person health fairs, we'll host virtual information sessions. Make plans to attend a virtual meeting to get a deeper look at your TRS-Care benefits!

See the *Invitation to TRS-Care Events* for dates, locations, registration links and more!

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## STAY CONNECTED

Stay up to date on TRS-Care news by subscribing to *The Pulse*, the TRS health care newsletter. Visit [trs.texas.gov/Pages/subscribe](https://trs.texas.gov/Pages/subscribe) to subscribe!

For more information, please call the TRS Health and Insurance Benefits Department at **1-888-237-6762**, Monday – Friday from 7 a.m. – 6 p.m.