

# Make the Most of Your Health Care

Engage with your TRS-Care health plan today!



Providing you with high-quality health care and excellent customer service is our focus here at the Teacher Retirement System of Texas (TRS). We want you to find the answers to your health care questions and discover new programs that can help you stay healthy.

## What's New?

**TRS-Care has a new pharmacy benefits manager (PBM)!** Express Scripts will be the new PBM for TRS-Care Standard. The new contract will generate savings to help sustain health care benefits for retirees and their families. Express Scripts will start administering pharmacy benefits on Jan. 1, 2024. CVS Caremark will continue to serve TRS-Care through Dec. 31, 2023.

We're also excited to announce that **dental and vision benefits for TRS retirees and their families are coming to TRS-Care in 2025!** The 88<sup>th</sup> Texas Legislature passed Senate Bill 1854, which allows TRS to offer optional dental and vision care coverage for TRS retirees. This includes their dependents, surviving spouses and surviving dependent children. In the coming year, we'll communicate when TRS retirees may enroll. **Coverage will start Jan. 1, 2025.**



Look for updates in our health care newsletter, *The Pulse*.

Visit <https://www.trs.texas.gov/Pages/subscribe.aspx> or scan the QR code to subscribe.

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## What's New? *(continued)*

**TRS-Care Standard deductibles will increase in 2024 to align with IRS' adjusted guidelines.** This change is to allow you to continue contributing to and using a health savings account. Please read the 2024 TRS-Care Plan Highlights to see the new deductibles. The deductible for TRS-Care Standard has not changed since 2018, when significant legislative changes took effect. Current deductibles will be too low for the plan to be compatible with a health savings account in 2024.

## Join us for a health fair to learn more!

Come to a TRS-Care Health Fair! We're back on the road this fall to bring health fairs to a region near you. TRS health fairs let you explore your benefits! They feature booths hosted by health vendors we partner with to administer your health plans.

You can talk with our health vendors, Blue Cross Blue Shield of Texas and Express Scripts, plus other relevant vendors in person. You can also learn more about TRS-Care Standard benefits, explore wellness programs and meet fellow retirees.

Our goal for the health fairs is to provide an opportunity for interaction and communication between you and your health plan. And for you to have a fun time!

## Attend a virtual information session!

In addition to in-person health fairs, we'll host virtual information sessions you can attend from the comfort of home. Register now to get a deeper look at your 2024 TRS-Care benefits.

***See the enclosed invitation to TRS-Care health fairs and virtual information sessions for dates, locations, registration, and more!***

## Next Steps

- **Attend a TRS-Care Health Fair** in person or **join a virtual TRS-Care Information Session** to review your 2024 TRS-Care Standard benefits.
- **Express Scripts will issue prescription ID cards** before the 2024 plan year starts. Continue to use your CVS Caremark prescription ID cards through Dec. 31, 2023.
- **Express Scripts will inform you via mail** if changes to the list of covered drugs, retail pharmacy network, specialty drug pharmacy, and prior authorization requirements impact you.
- **Stay Connected!** Subscribe to *The Pulse* to stay current on TRS-Care health care news. Visit <https://www.trs.texas.gov/Pages/subscribe.aspx> or scan the QR code to subscribe!
- **Call TRS Health** at 1-888-237-6762, Monday–Friday from 7 a.m.–6 p.m., CT, to learn more.

