

Make the Most of Your Health Care



Engaging with your TRS-Care plan helps you stay healthy and improve your health outcomes. We want you to make the most of your TRS-Care plan! We're happy to announce that TRS-Care Standard premiums will stay the same through 2023.

In addition, we're pleased to share value-added benefits as part of the TRS-Care Medicare plans!

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VALUE ADDED BENEFITS

- **NEW Insulin cap:** Formulary insulins will be capped at \$25 for a 31-day supply and \$75 for a 60- to 90-day supply. You won't have to meet your deductible first or pay the full cost of insulin. You only have to pay a copay, which will not apply toward your deductible, but count toward your maximum out-of-pocket (MOOP).
- **TRS Virtual Health:** With virtual visits through Teladoc®, you and your covered family members have access to licensed board-certified doctors, 24/7 for medical and behavioral health services. You can also get prescriptions sent to your pharmacy if needed.
- **Learn to Live:** Take an online assessment to find the right mental health program for the support you need for stress, anxiety, depression and more, at no additional cost. Feel better so you can enjoy life more.
- **Personal Health Guides:** Connect with a plan specialist 24/7, who can help with almost anything related to your health plan, like finding in-network providers, understanding medical bills, how certain benefits work and more.
- **Fitness Program:** You have access to more than 10,000 fitness locations at a discounted price that fit your budget and preference. This includes a virtual option, specialty gyms, boutique-style classes and more.
- **Well onTarget®:** Get personalized tools and resources to help you on your path to wellness. You'll find interactive and educational programs to help you make healthy lifestyle changes - all in one place.
- **Blue PointsSM:** You can earn Blue Points for engaging in eligible health and wellness activities through Well onTarget. You can redeem your points in the online shopping mall, which offers a variety of merchandise, such as electronics and home goods.

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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, Blue Cross Blue Shield of Texas, CVS Caremark, and other relevant vendors in-person. You can also learn more about the TRS-Care Standard 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!

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 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.