



Brian K. Guthrie
Executive Director

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Dear TRS-Care participant,

We know how much you rely on your health benefits and that they are a key part of your wellbeing. Our goal is to keep you well informed about them. We are writing to let you know TRS-Care received funding from the 86th Texas Legislature that allows premiums to stay the same through 2020. In addition, there will be no reduction to benefits, and the TRS-Care Standard plan will cover more services through telemedicine.

New Benefit Enhancements

We are excited to announce several expanded telemedicine benefits for the TRS-Care Standard plan. Starting Sept. 1 2019, TRS-Care Standard participants will continue to have access to general medicine physicians through Teladoc at a lower copay of \$30, down from \$40. TRS-Care participants will also have access to behavioral health services through Teladoc. Participants who are 18 or older can receive confidential care for conditions such as anxiety and depression from a psychiatrist, psychologist, licensed therapist, or certified substance abuse counselor. Psychiatrists can prescribe from a limited list of medications, including antidepressants. Participants will also have access to nutrition counseling from a registered dietitian through Teladoc starting Jan. 1, 2020. Find more information in the enclosed handout.

In addition to these expanded telemedicine benefits, TRS-Care retirees' **non-covered** family members can also utilize Teladoc's general medicine services starting Sept. 1, 2019 for \$45 per visit.

Have Questions About Your Benefits?

Join us at a TRS-Care Information Session

TRS, Humana, Aetna, CVS Caremark and SilverScript are traveling across the state this fall to connect with TRS retirees about their health care plans. Beginning Oct. 1, 2019, we will conduct 23 in-person sessions, as well as one webinar. Register today by calling 1-800-850-1992, Monday through Friday, 8:00 a.m.-5:00 p.m., CST. Locations and times of the sessions can be found on the enclosed invitation. If you are unable to attend a session in person, register for the webinar at www.trs.texas.gov/trs-care2020.

NEW THIS YEAR: Each session will feature a guest speaker who will give a presentation on "Healthy Aging in Retirement."

Be an Active Health Care Participant

We are all in this together. Your health care decisions affect you and your fellow retirees. You can help control costs and strengthen the TRS-Care fund by focusing on your health and using high-quality, cost-effective services when possible. Remember, paying more for medical services and prescription drugs does not mean you will receive better care.

Here are four ways to manage your costs:

- Entrust your care with a primary care physician (PCP) who will hold you accountable in meeting your health goals
- Use your preventive care screenings and immunizations at no cost
- Use in-network providers and generic prescription drugs when possible
- Only use emergency rooms for life-threatening situations

Stay Connected

Stay up to date on TRS-Care news by subscribing to *The Pulse for TRS-Care*, the TRS health care newsletter. Visit www.trs.texas.gov and click “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.

Sincerely,

Brian Guthrie, TRS Executive Director

Katrina Daniel, TRS Chief Health Care Officer