



WELCOME TO YOUR TRS-ACTIVECARE BENEFITS!



Welcome to your 2020-21 TRS-ActiveCare coverage! Your health plan is designed to help you Activate Your Health, so we want to point out a few key features that will help you make the most of your benefits.

Blue Access for Members (BAM)

You can now use Blue Access for MembersSM (BAMSM), BCBSTX's secure member site, by clicking on "Log In" in the top right corner of the [TRS-ActiveCare website's homepage](#).

In BAM, you can:

- get details about your benefits
- use [Provider Finder](#)[®] to search for in-network doctors and facilities
- request or print an ID card

- sign up to receive texts or alerts on claims and other important topics
- view up to 18 months of claims activity

Personal Health Guides

Now that the plan year has started, you can call a Personal Health Guide (PHG), 24 hours a day, seven days a week, at [1-866-355-5999](tel:1-866-355-5999).

PHGs are there to make health care easier, with around-the-clock assistance on:

- medical and prescription drug benefits
- finding in-network providers
- claims and benefit questions
- scheduling appointments
- cost estimates
- prior authorizations
- transitioning care, and more

Take charge of your wellness!

- Regular checkups can help you Activate Your Health and manage chronic conditions. Your annual physical and other screenings are part of the no-cost preventive care included in your TRS-ActiveCare coverage.
- Be sure to visit the [Health and Wellbeing](#) section of the [TRS-ActiveCare website](#) for information about the wide array of wellness tools.
- [TRS Virtual Health](#) is a great resource for getting and staying healthy. You can talk to a health care provider about non-urgent conditions without having to step into a doctor's office!
- Register on the [CVS Caremark®](#) website, where you can print your pharmacy ID card, find drug prices, learn which medications are covered, locate in-network pharmacies, and more.
- [Nominate a Provider](#) to be added to BCBSTX's statewide and national networks.

- Learn about [digital tools](#) that give you access to your coverage information on the go.

We're excited for this plan year and committed to helping you Activate Your Health!

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