

TAKE THE EASY ROUTE TO USING YOUR TRS-ACTIVECARE BENEFITS AND SAVE MONEY ALONG THE WAY!

USE PROVIDER FINDER TO CHOOSE A PRIMARY CARE PROVIDER

Some plans don't require a PCP, but it's always a good idea to have one. Your PCP helps keep your health in check and can refer you to a specialist when you need one.

EARN UP TO \$599 PER YEAR WITH MEMBER REWARDS

Get paid for choosing top-performing providers and facilities for things like PCP visits, x-rays, mammograms, CT scans and more.



1

REGISTER FOR BLUE ACCESS FOR MEMBERSSM

It's your road map to everything you need to know about your health plan. Download your digital ID card so you're never without it, find a provider, check on your claims and more.

2

GET CARE ANYWHERE

For times when you can't see your PCP, use **TRS Virtual Health** to get quality, affordable care anywhere, anytime - even on the road. Head to an urgent care center if you need in-person help.

3

4

TALK TO A PERSONAL HEALTH GUIDE

PHGs know everything about your benefits and can steer you in the right direction. They're here for you seven days a week from 6 a.m. to 11 p.m. at **1-866-355-5999**.

5

Start your engine! Scan to find out more.



YOUR PATH TO HEALTH AND WELLNESS STARTS HERE. LET TRS-ACTIVECARE GUIDE THE WAY.



1

GET ON TRACK WITH WELL ONTARGET®

Learn how to manage health conditions, eat better, lose weight and more – all in one online portal. You can even work with a wellness coach to reach your goals.

2

TAKE THE FIRST STEP TOWARD WELLNESS

Start off on the right foot with annual wellness visits, preventive care and immunizations for the whole family.

3

PICK UP THE PACE WITH THE FITNESS PROGRAM

Explore gyms and fitness locations in a nationwide network of affordable, no-contract memberships.

4

STAY ON TRACK WITH MENTAL HEALTH CARE

Feeling lost or too challenged? You have digital, virtual and in-person mental health care options.

5

TREAT YOURSELF ALONG THE WAY

Earn **Blue Points**™ when you make healthy choices and complete healthy activities. Use your points to get gift cards at your favorite places.

6

GET A DISCOUNT ON GEAR, CLOTHES, SHOES AND MORE

Sign up for **Blue365**® for free and start saving on health and wellness products.

Start on your path to health and wellness. Scan to find out more.



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