

TRS-ActiveCare WOMEN'S AND FAMILY HEALTH



Get support for you and your baby from before pregnancy to high school graduation

Whether you're pregnant or planning to get pregnant, TRS-ActiveCare has you covered with the tools and resources you need before, during and after your pregnancy at no additional cost.

Ovia Health™

Ovia Health apps provide maternity and family planning support through your pregnancy with health trackers, videos, tips, coaching and more.

Ovia

Get support for tracking your fertility, cycle and ovulation to know when you're most likely to become pregnant. You can also get support for menopause.

Ovia Pregnancy

Get support for a happy and healthy pregnancy, where you can look up food and medication safety, connect with a registered nurse, watch your baby grow week by week and plan your return to work.

Ovia Parenting

Get parenting support and track your child's development and milestones including a feature for logging daily feedings, diaper changes and sleep patterns.



BlueCross BlueShield of Texas

Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation,
a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

Download the Ovia Health apps from the **Apple App Store** or **Google Play Store**.

To get started with Ovia Health:

1. Download the app that's right for you.
2. Select **I have Ovia Health as a benefit** during signup.
3. Skip the step where it asks you to enter your employer's name.
4. Select **Blue Cross and Blue Shield of Texas** as your health plan.
5. Explore Ovia Health!

If your pregnancy is high-risk, a BCBSTX maternity specialist may call you to offer extra support.

Maternity Self-Management Programs:

Well onTarget® offers digital self-guided courses to support healthy pregnancies through every stage. Topics include healthy foods, body changes, and labor. And, for each course you complete, you'll earn Blue PointsSM that you can redeem for things like books, music, sporting goods – anything that motivates you to keep making healthy choices for you and your baby. To get started:

- log in to **www.WellonTarget.com** using your Blue Access for MembersSM username and password
- download the Well onTarget AlwaysOn® wellness app

Your TRS-ActiveCare plan also covers:

- electric breast pumps at 100% (two per year)
- hospital-grade breast pump rentals up to \$150 of the allowable amount (one per year)
- lactation counseling at 100%, six visits per plan year

Personal Health Guides

A Personal Health Guide can help you understand and get the most out of your benefits. Call **1-866-355-5999** or chat through the BCBSTX App to:

- find a pediatrician or other health care provider
- get help with behavioral health questions or postpartum depression concerns
- check your benefits and coverage
- get help using your wellness tools

24/7 Nurseline

The **24/7 Nurseline** can help if you have a question or concern in the middle of the night or on the weekend. Registered nurses can give you advice or help you decide if you need to go to the emergency room or if you can wait to see your OB-GYN. Call the **24/7 Nurseline** anytime at **1-833-968-1770**.

Blue Points Program Rules are subject to change without prior notice. See the Program Rules on the Well onTarget Member Wellness Portal for more information.

Ovia Health is an independent company that has contracted with Blue Cross and Blue Shield of Texas to provide maternity and family benefits solutions for Blue Cross and Blue Shield of Texas

AlwaysOn is owned and operated by Onlife Health Inc. an independent company that has contracted with Blue Cross and Blue Shield of Texas to provide digital health management for members with coverage through BCBSTX.

The Well onTarget program is offered to you as a part of your employer-sponsored benefits. Participation in the Well onTarget program, including the completion of a Health Assessment, is voluntary and you are not required to participate. Visit Well onTarget for complete details and terms and conditions. Blue Points Program Rules are subject to change without prior notice. See the Program Rules on the Well onTarget Member Wellness Portal for more information.

Taxes may apply. Individuals must be at least 18 years old to purchase. Members agree to comply with all applicable federal, state and local laws, including making all disclosures and paying all taxes with respect to receipt of any reward.

The 24/7 Nurseline is not a substitute for a doctor's care. Talk to your doctor about any health questions or concerns. For medical emergencies, call 911.

BCBSTX makes no endorsement, representations, or warranties regarding third-party vendors. Members should contact the vendor directly with questions about the products or services offered by third parties.