

THE DOCTOR IS ALWAYS IN



Get care when and where you need it with TRS Virtual Health powered by Teladoc and RediMD. You're covered.

Medical Virtual Visits

You and your covered family members* can get convenient, quality health care from the comfort of home, on your lunch break, or while traveling without having to go to a doctor's office. Virtual medical visits give you access to licensed board-certified doctors, 24 hours a day, seven days a week.** You can also get prescriptions sent to your pharmacy if needed.

RediMD	Teladoc
TRS-ActiveCare Primary TRS-ActiveCare Primary+ TRS-ActiveCare 2	TRS-ActiveCare Primary TRS-ActiveCare Primary+ TRS-ActiveCare 2
\$0	\$12
TRS-ActiveCare HD	TRS-ActiveCare HD
\$30***	\$42***

Conditions treated include:

- allergies
- asthma
- blood pressure
- cold and flu
- contusions/bruises
- diabetes
- gastrointestinal symptoms
- headaches and migraines
- most infections and viruses
- muscle strains
- pink eye
- skin issues
- sore throat or cough
- stomach problems
- stress
- urinary tract infection

*If the patient is 17 or younger, a parent or guardian must be present during the virtual visit.

**Immediate family members who don't have a TRS-ActiveCare health plan can also use TRS Virtual Health at a fixed rate. RediMD = \$35/visit; Teladoc = \$55/visit

***For participants with TRS-ActiveCare HD, medical telehealth visits through RediMD apply to the deductible. Once the deductible is met, the plan pays 70% of the Medical Consult Fee of \$30. Participant would pay 30% after deductible.



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



Mental Health Virtual Visits

Teladoc also offers confidential mental health services from licensed therapists, psychologists, psychiatrists, or certified drug and alcohol abuse counselors for participants 13 and older. Parents don't need to be present during mental health appointments for patients aged 13 to 17.

Health Plan	Teladoc Virtual Mental Health Visit
TRS-ActiveCare Primary TRS-ActiveCare Primary+ TRS-ActiveCare 2	\$0 copay
TRS-ActiveCare HD	30% coinsurance after deductible*

Mental health conditions treated include:

- alcoholism, addiction and substance-related disorders
- attention disorders
- bipolar, schizophrenia and psychotic disorders
- depressive and anxiety disorders
- eating disorders
- neurocognitive disorders and dementia
- obsessive compulsive and related disorders
- personality disorders

* Depending on whether a consultation is with a psychiatrist, psychologist, or social worker, additional costs may be incurred. Visit www.bcbstx.com/trsactivecare/coverage for more detailed information.

Registering for Teladoc and RediMD is easy!

Visit www.teladoc.com/trsactivecare and follow the instructions to set up your account. You can also download the Teladoc app from the [Apple App Store](#) or [Google Play Store](#) or call **1-855-Teladoc** (1-855-835-2362) for help from a customer service representative.

Visit www.redimd.com/trsactivecare and follow the instructions to register. Enter the code **trsactivecare** when prompted. You can also download the RediMD mobile app from the [Apple App Store](#) or [Google Play Store](#) or call **1-855-942-4900** to speak to RediMD customer service.



* Immediate family members who don't have a TRS-ActiveCare health plan can also use TRS Virtual Health at a fixed rate. RediMD = \$35/visit. Use code **TRS35** when registering this family member.

Virtual and telephonic visits are powered by exclusive software owned and operated by RediMD. It is important to verify and understand the terms and conditions of your benefit plan. Terms and conditions may apply based on plan design with limitations and exclusions. Virtual and telephonic services provided are not to be accepted as a health plan or act as a pharmacy distributor or prescription manager. RediMD reserves the sole right to deny care when it believes the risk of possible abuse is present. A virtual visit with RediMD does not provide assurances prescription orders will be issued. RediMD does not prescribe DEA-controlled substances, non-therapeutic drugs, or drugs that may harm or lead to abuse. RediMD operates in many different states and is subject to regulatory rules and jurisdictional limitations. Oversight and program management, including contracted providers, of the virtual medicine services provided are solely controlled by RediMD. RediMD and the RediMD logo are registered trademarks of RediMD LLC and may not be used without written permission.

Teladoc and the Teladoc logo are trademarks of Teladoc, Inc. and may not be used without written permission. Teladoc is being provided to TRS-ActiveCare members and members of plans administered by TRS-ActiveCare. Teladoc and Teladoc physicians are independent contractors and are neither agents nor employees of TRS-ActiveCare or plans administered by TRS-ActiveCare. Teladoc does not replace the primary care physician. Teladoc does not guarantee that a prescription will be written. Teladoc operates subject to state regulation and may not be available in certain states. Teladoc does not prescribe DEA controlled substances, non-therapeutic drugs, and certain other drugs which may be harmful because of their potential for abuse. Teladoc physicians reserve the right to deny care for potential misuse of services.

Teladoc and RediMD are independent companies that has contracted with your employer to provide virtual doctor visits. Both Teladoc and RediMD do not offer Blue Products or Services.

BCBSTX makes no endorsement, representations, or warranties regarding third-party vendors and the products and services offered by them.