

New Webinar for TRS-ActiveCare Participants



From A to Z: Your TRS-ActiveCare Plan Webinar Schedule

Monday, June 26, 2023, 11 am-12 pm

Monday, July 10, 2023, 9 - 10 am

Monday, July 17, 2023, 10 - 11 am

Tuesday, July 25, 2023, 11 am – 12 pm

Tuesday, August 8, 2023, 9 - 10 am

Monday, August 14, 2023, 10 - 11 am

Registration:

https://www.trs.texas.gov/Pages/healthcare_benefits_events.aspx

Your Personal Advocate

Your Benefits Administrator Advocate (BAA) can help with

- Billing Inquiries or Discrepancies
- Eligibility Inquiries
- Exceptions
- Discrepancy reports -COBRA
- Coverage reports for ACA
- bswift system assistance and training
- The bswift BA Advocate team is available M-F from 8-5 CST. You can call or email your BAA directly or the general line is 1-877-767-5254 and the general mailbox is TRSBAINquiries@bswift.com.



Know the Terms

Copay

- The set amount you pay for a covered service when you get it.

Deductible

- The amount you pay for covered health care services before your insurance plan starts to pay.

Coinsurance

- The portion you pay for services after you meet your deductible.

Maximum Out of Pocket (MOOP)

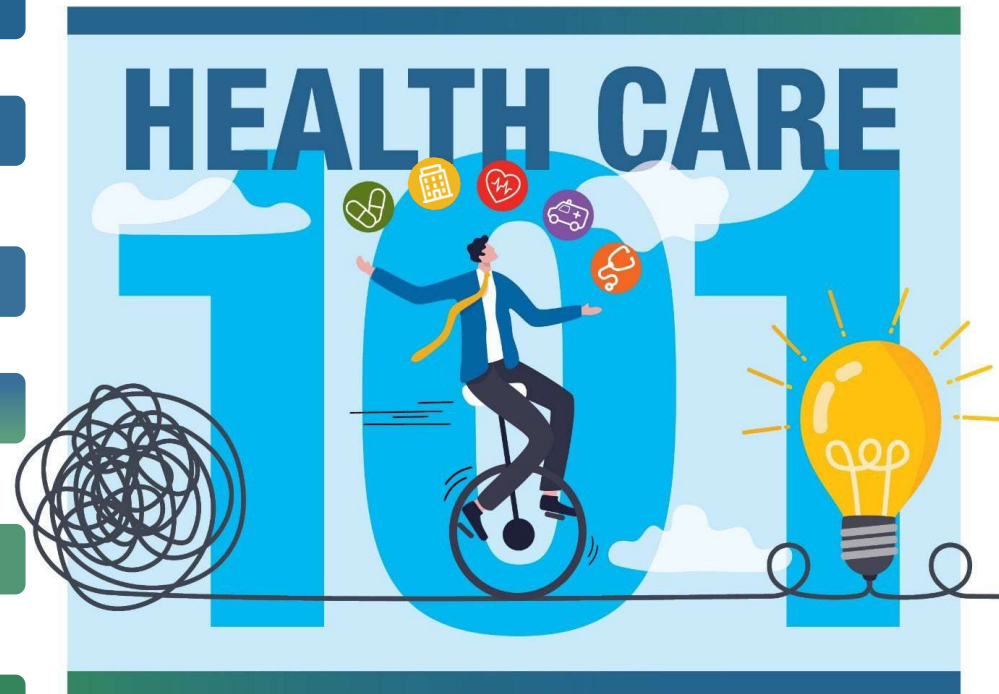
- The maximum amount you pay each year for medical costs. After reaching your MOOP, the plan pays 100% of the costs for covered services.

Prior Authorization

- The process by which you or your provider notify the health plan in advance about treatments, like a hospital admission or complex diagnostic test.

Referrals

- Written authorization from your PCP to get care from a different in-network provider, specialist or facility.



Plan Highlights



	TRS-ActiveCare HD TRS-ActiveCare 2	TRS-ActiveCare Primary TRS-ActiveCare Primary+
In-Network Coverage	✓	✓
Out-of-Network Coverage	✓	
Requires Primary Care Provider (PCP)		✓
Requires referral to see Specialists OB/GYNs and mental health providers don't require referrals.		✓
Statewide network		✓
Nationwide Network	✓	

Plan Comparison



Benefit	TRS-ActiveCare HD		TRS-ActiveCare 2	
	In-Network	Out-of-Network	In-Network	Out-of-Network
Individual Deductible	\$3,000	\$5,500	\$1,000	\$2,000
Family Deductible	\$6,000	\$11,000	\$3,000	\$6,000
Individual Out-of-Pocket Max	\$7,500 ↑	\$20,250	\$7,900	\$23,700
Family Out-of-Pocket Max	\$15,000 ↑	\$40,500	\$15,800	\$47,400
Office Visit	30% after deductible	50% after deductible	\$30 PCP Copay \$70 SPC Copay	40% after deductible
Urgent Care	30% after deductible	50% after deductible	\$50 Copay	40% after deductible
TRS Virtual Health (Medical)	\$42 Consult Fee Teladoc \$30 Consult Fee RediMD	N/A	\$12 Copay Teladoc \$0 Copay RediMD	N/A
Preventive Care	Covered at 100%	Covered at 100%	Covered at 100%	Covered at 100%
Inpatient Admission	30% after deductible	50% after deductible.	\$150/day + 20% after deductible	40% after deductible (\$500/day max)
Emergency Room	30% after deductible	50% after deductible	\$250 + 20% after deductible	\$250 +20% after deductible
Free-Standing ER	\$500 + 30% after deductible	\$500 + 50% after deductible	\$500 + 20% after deductible	\$500 + 40% after deductible
Pharmacy Deductible	Integrated with deductible	Integrated with deductible	\$200 Brand drugs only	Integrated with deductible

Plan Comparison



Benefit	TRS-ActiveCare Primary		TRS-ActiveCare Primary+	
	In-Network	Out-of-Network	In-Network	Out-of-Network
Individual Deductible	\$2,500	N/A	\$1,200	N/A
Family Deductible	\$5,000	N/A	\$2,400 ↓	N/A
Individual Out-of-Pocket Max	\$7,500 ↓	N/A	\$6,900	N/A
Family Out-of-Pocket Max	\$15,000 ↓	N/A	\$13,800	N/A
Office Visit	\$30 PCP Copay \$70 SPC Copay	You'll pay full price	\$15 PCP Copay ↓ \$70 SPC Copay	You'll pay full price
Urgent Care	\$50 Copay	You'll pay full price	\$50 Copay	You'll pay full price
TRS Virtual Health (Medical)	\$12 Copay Teladoc \$0 Copay RediMD	You'll pay full price	\$12 Copay Teladoc \$0 Copay RediMD	You'll pay full price
Preventive Care	Covered at 100%	You'll pay full price	Covered at 100%	You'll pay full price
Inpatient Admission	30% after deductible	You'll pay full price	20% after deductible	You'll pay full price
Emergency Room	30% after deductible	*Only for true emergencies	20% after deductible	*Only for true emergencies
Free-Standing Emergency Room	\$500 Copay + 30% after deductible	*Only for true emergencies	\$500 Copay + 20% after deductible	*Only for true emergencies
Pharmacy Deductible	Integrated with deductible	N/A	\$200 Brand drugs only	N/A

Choose a PCP for Better Health



A PCP can manage your employees' health care and save them money. Your employees should understand the benefits of having a PCP.



They know your employees and their lifestyle best.



They'll handle your employees preventive care, which is covered at 100%.



They understand their medical history, medications and treatment preferences.



They'll refer your employees to a specialist, when needed.



They provide care centered around THEM.



They may help your employees have fewer sick days by keeping them healthier.

If your employees are a new to TRS-ActiveCare Primary or TRS-ActiveCare Primary+ plan, they must choose a PCP during annual enrollment. If they don't, we'll choose one for them. They can change their PCP anytime.

Don't have a PCP or want to find a new one? Use **Provider Finder**® to search for providers by location, specialty, and more. You can also call a Personal Health Guide at 1-866-355-5999 for help.



2023-24
TRS-ActiveCare

HEALTH BENEFITS



What's Included in the Plans



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

Here for You 24/7



Personal Health Guides (PHGs) are your plan experts. They can help:

- find in-network providers
- make a doctor's appointment
- figure out costs for a procedure or medication
- save money with cost comparisons
- make sense of claims
- understand plan features
- get mental health care
- connect you with our 24-hour nurse line

**Call a PHG at: 1-866-355-5999 or
chat through the BCBSTX App**

Available 24/7

Mental Health Care is Health Care



Your employee's mental health is just as important as their physical health. They have mental health coverage, and several options for getting care.



Virtually

Use Teladoc to speak with a licensed mental health provider online or over the phone.



Digitally

Learn to Live is a digital mental health program available at no cost to you. Its programs can help you with stress, anxiety, depression, substance abuse and more.



In person

See a therapist, psychiatrist or other mental health professional. Use **Headway** to search for an in-network licensed therapist or psychiatrist and schedule an appointment.

Learn to Live, Inc. is an independent company that provides online behavioral health programs and tools for members with coverage through Blue Cross and Blue Shield of Texas. BCBSTX makes no endorsement, representations or warranties regarding third-party vendors and the products and services offered by them.

TRS Virtual Health



Convenient, Quality Health Care from Home or On The Go



Teladoc®

1-855-Teladoc
(1-855-835-2362)

Mental Health visits subject to additional cost



RediMD™

1-866-989-CURE
(1-866-989-2873)

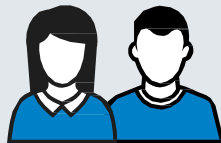
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Preventive Care at No Cost

What's Covered?

- **In-network care is covered at 100% with no copay or deductible.** Out-of-network benefits vary by plan.
- **Preventive care and screenings include:**



- well-woman exam
- mammogram
- colonoscopy
- annual wellness exam
- prostate exam
- mental health screenings



- well-baby/child exam
- routine immunizations

Important to remember:

Lab tests related to managing a condition like diabetes or asthma **aren't** preventive care and are covered under applicable deductible and coinsurance levels.

Musculoskeletal Alternative Care: Airrosti Remote Recovery Pilot Program



Designed to relieve pain
from the following areas:



Helping participants save money and time to
get back to the activities they love!

Regions	Dallas-Fort Worth (10 & 11) Houston (4 & 6)
Eligible Plans	Primary, Primary+, AC2
Member Cost Share	\$0
Remote	Yes
In-office option*	Yes

*Standard benefits apply

Women's and Family Health

Providing support for pregnancy, parenting and menopause.



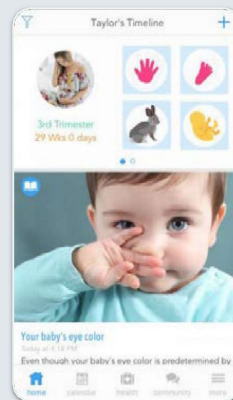
Ovia Health™ apps offer health trackers, videos, tips, coaching and more!

Interactive programs

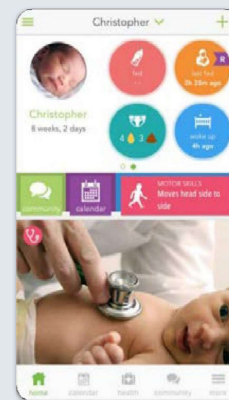
Ovia



Ovia
Pregnancy



Ovia
Parenting



Well onTarget® offers digital self-guided courses to support healthy pregnancies through every stage. Topics include healthy foods, body changes, and labor.

Exceptional maternity coverage includes:


- electric breast pumps covered at 100% (two per year)
- hospital-grade breast pump rental covered up to a maximum of \$150 (one per year)
- lactation specialist visits covered at 100% (six visits per year)
- No-cost high-risk pregnancy support

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

Well onTarget® is a registered trademark of Health Care Service Corporation.

Be Rewarded for Wellness



 **Blue PointsSM lets your employees earn rewards for regularly participating in healthy activities. Employees can redeem their points in the online shopping mall when they're ready to treat themselves.**

Earn points with Well onTarget by:



completing a health assessment

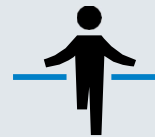


taking a self-guided course on managing stress

Earn points with The Fitness Programs by:



connecting and syncing a fitness device or app



taking a barre class at a participating studio



taking a digital fitness class

Save money on health and wellness products and services from top retailers that aren't covered by insurance like:



apparel and footwear from top brands



fitness equipment, devices and memberships



LASIK eye surgery



hearing aids and batteries



baby monitors, bottles, diapers and wipes



meal delivery subscriptions



2023-24
TRS-ActiveCare

HEALTH BENEFITS



How your Employees Can Save Money



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

It Pays to Stay In-Network

In-Network Providers

- pay less
- save time
- stress-free



Out-of-Network Providers

- pay more
- spend time filing their own claims
- worry about surprise bills



***TRS-ActiveCare HD and TRS-AC 2 are the only plans with out-of-network coverage.**

If they have an emergency while traveling or live out of state, they'll be covered under our large network of providers.

Go Here, Not There

RECESS WITH RAGWEED




VIRTUAL HEALTH

Go here for:
Allergies, asthma
Colds, fevers
Rashes

\$

RUNNING TRACK ROAD RASH




PRIMARY CARE PROVIDER (PCP)

Go here for:
Routine screenings
Flu, COVID-19
Minor illnesses, injuries

\$

IGNORED "WET FLOOR" SIGN



URGENT CARE CLINIC

Go here for:
Stitches
Sprains, minor breaks
Severe flu symptoms

\$\$\$

TWO WORDS: BUNSEN BURNER.




EMERGENCY ROOM (ER)

Go here for:
Chest pain, heart attacks
Strokes
Broken bones

\$\$\$\$


ONE WORD: DON'T



FREESTANDING ER

Rarely in network =
\$\$\$\$\$\$\$

May not be set up
for true emergencies =
delayed care

Delayed care =
\$\$\$\$\$\$\$\$\$ 

Still stumped? Call **1-866-355-5999** or scan



Earn Up to \$599 with Member Rewards



	TRs-ActiveCare Primary TRs-ActiveCare Primary+ TRs-ActiveCare 2	TRs-ActiveCare HD
Automatically use rewards toward costs of future medical or pharmacy expenses	✓	
Self-submit dental and vision expenses to use rewards	✓	✓
Unused rewards will roll over to the next plan year	✓	✓



AVERAGE REWARD	 \$789 Colonoscopy	 \$434 CT Scan	 \$369 MRI
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BlueCross BlueShield of Texas

2023-24
TRS-ActiveCare

HEALTH BENEFITS



Tools and Resources for your Employees



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

Resources at your Employee's Fingertips



A screenshot of the TRS ActiveCare website. The top navigation bar includes links for Enrollment Toolkit, Coverage and Benefits, Doctors and Hospitals, Health and Wellbeing, Tools and Resources, Contact Us, and a circled "Log In" button. Below the navigation bar, there are sections for "Personal Health Guides", "COVID-19 Vaccine Coverage", and three service cards: "Member Rewards", "Doctors and Hospitals", and "Fitness Program". On the right side, there is a "blueaccess for Members" login form with fields for "User Name" (containing "ABCTEST") and "Password", and a "Log In" button. Below the form are links for "New user? Register now." and "Forgot user name or password?".

www.bcbstx.com/trsactivecare

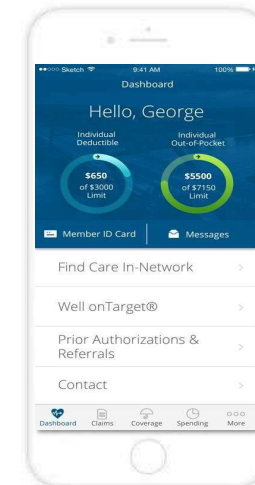
Website for TRS-ActiveCare Participants

Blue Access for Members (BAM)

- select or change your PCP
- view claims and Explanation of Benefits (EOB)
- compare costs of doctors and services

BCBSTX Mobile App

- text* BCBSTXAPP to 33633
- download a temporary ID card
- live chat 24/7



Tools and Resources

- Provider Finder
- plan information
- forms and documents
- information about health and wellness resources

Provider Finder®



Search Bar

Browse by Category

Q X

Names

- Matthew Brimberry
Family Practice
- Bradley Brimhall
Pathology

Specialties Associated With

- Acquired Brain Injury

VIEW ONLY: Accepting New Patients WITHIN: 50 miles

Your benefits plan may cover Blue Distinction Plus and Blue Distinction Centers at a higher level of benefits, which will be le

Detailed Provider Profile Page

← **Matthew Brimberry, MD**
Male
SPECIALTY: Family Practice

Provider Highlights

- Specialties & Expertise
- Ratings & Reviews
- Credentials
- Affiliations
- Awards & Recognitions
- Locations & Hours
- More About This Provider

IMPORTANT NOTE

- Please note: You will need to provide the primary care physician's ten-digit PCP number when you enroll.
- To suggest updates to this directory, such as if a doctor is seeing new patients or part of a certain network.
- Use the search bar at the top of the page to see more results. For help, call a Personal Health Guide toll-free at 1-800-453-4534.

Provider Highlights

Matthew Brimberry, MD

PCP ID: H08KK14901

LOCATION
1108 Lavaca St Ste 110-320, Austin, TX 78701
[Get directions](#) (est. 2.6 miles away)

CONTACT INFORMATION
Phone: 512-477-4088

Accepting New Patients

★★★★☆
4.2 out of 5.0 5 ratings.

- Completed Education in 2009
- 2 Affiliations
- Speaks Spanish

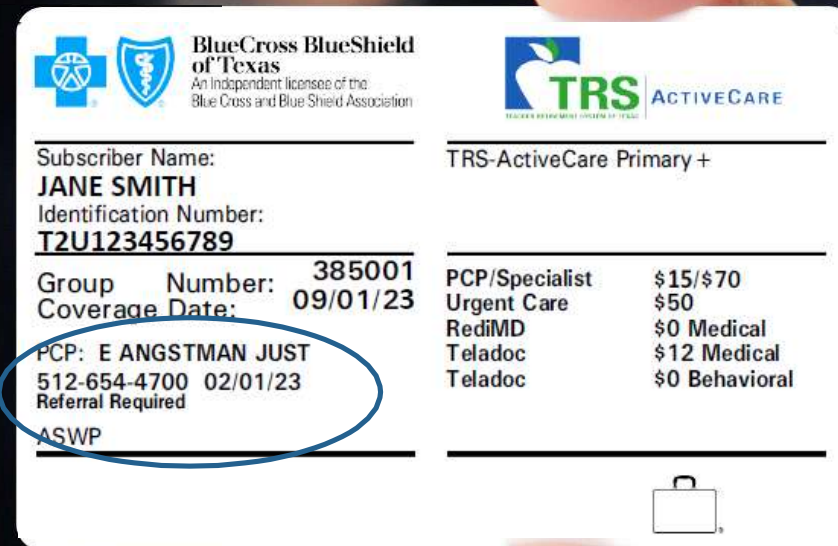
BCBSTX ID Cards



Employees will get their ID card in the mail a few weeks after they enroll.

Each family member enrolled in the TRS-ActiveCare Primary or TRS-ActiveCare Primary+ plan will get their own ID card with their PCP's name printed on it.

They can call a PHG or log in to Blue Access for MembersSM if they need to replace a card or order extras.



www.bcbstx.com/trsactivecare