



The Doctor is In – Anytime, Anywhere

As a TRS-ActiveCare participant, your coverage includes TRS Virtual Health choices powered by Teladoc® and RediMD™. As a result, you and your family 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.

\$0 or \$30 Copay for Medical Virtual Visits*

With virtual medical visits through either Teladoc or RediMD, you and your covered family members** have 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.

Conditions treated include:

- allergies
- asthma
- back and shoulder strains
- blood pressure
- cold
- cough
- contusions/bruises
- diabetes
- flu
- headaches
- infections
- sinus infection
- skin issues
- sore throat
- stomach problems
- stress

*\$0 copay for participants and covered family members on the TRS-ActiveCare Primary, TRS-ActiveCare Primary+, and TRS-ActiveCare 2 plans. \$30 copay for TRS-ActiveCare HD participants. 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 = \$45/visit

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



\$70 Copay or 30% Coinsurance* for Mental Health Virtual Visits

Teladoc also offers confidential mental health services from licensed therapists, psychologists, psychiatrists, or certified drug and alcohol abuse counselors for adults 18 and older.

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

*\$70 copay for participants and covered family members on the TRS-ActiveCare Primary, TRS-ActiveCare Primary+, and TRS-ActiveCare 2 plans. 20% coinsurance (after deductible) for TRS-ActiveCare HD participants, and depending on whether a consultation is with a psychiatrist, psychologist, or social worker, additional costs may be incurred. Visit www.hcbstx.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 click **Register**. Enter code **trsactivecare**, click **Next** and follow directions to complete your profile. You can also register by calling RediMD customer service at **1-866-989-CURE** (1-866-989-2873), option 3.

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