



## What You Get With TRS-ActiveCare

TRS specializes in serving educators – it's all we do! So benefits are tailored to make them as easy to use and reliable as possible.

Here are some benefits provided at no extra cost to you!

- **NEW! Airrosti Remote Recovery:** Take care of your muscles and joints through physical therapy with virtual, in-home treatment by Airrosti. Only available for TRS-ActiveCare Primary and Primary+.
- **Member Rewards:** Earn up to \$599 per year for selecting top-performing providers and facilities for your health care needs, including PCP and certain specialist visits. [Learn more about Member Rewards.](#)
- **24/7 customer support:** Personal Health Guides (PHGs) can make health care simpler for you by answering any and all questions about TRS-ActiveCare. They're available 24/7 at 1-866-355-5999 or through the chat function in the BCBSTX app.
- **Fitness programs:** You can choose from hundreds of gym memberships at a discount! Memberships start as low as \$19/month and there are digital only options. Learn more about the [fitness program.](#)
- **Robust mental health resources:** You have coverage for in-person and virtual mental health visits. If you sign up for TRS-ActiveCare Primary or Primary+, this includes a \$0 copay for virtual mental health visits! But in any plan, you have access to anxiety and stress management programs, a digital mental health program called Learn to Live, and more. [Explore your mental health benefits.](#)
- **One-on-One Coaching:** If you want a little extra help, TRS-ActiveCare includes one-on-one support from a wellness coach. Programs range from stress management to weight loss and nutrition to cholesterol improvement. [See all coaching options.](#)

These are just some of the benefits you have access to! To see a breakdown of all your benefits, check out this [BCBSTX resource hub](#). Those benefits will be from the 2024-25 plan year, but no significant changes are expected. **That page will be updated with 2026-26 materials when they're available.**