

Your Local Health Care Contacts

Know where your nearest health care resources are when you need them!

PRIMARY CARE PHYSICIAN (PCP)

Name: _____ Phone Number: _____

VIRTUAL HEALTH

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

RediMD for medical issues

Web address: www.redimd.com/trsactivecare
Phone number: 1-866-989-CURE (1-866-989-2873) option 3

Teladoc for medical and mental health issues

Web address: www.teladoc.com/trsactivecare
Phone Number: 1-855-Teladoc (1-855-835-2362)

RETAIL CLINIC

Name: _____ Phone Number: _____

URGENT CARE CENTER

Name: _____ Phone Number: _____

CLOSEST HOSPITAL/EMERGENCY ROOM

Name: _____ Phone Number: _____

You can also save significant dollars by using:

- freestanding labs for routine and comprehensive blood panels
- independent surgical centers
- independent imaging centers for X-rays, CT scans, MRIs, etc.

Check with your PCP or look for more resources below for other ways to find the facility closest to you.

FREESTANDING LAB

Name: _____ Phone Number: _____

SURGICAL CENTER

Name: _____ Phone Number: _____

IMAGING CENTER

Name: _____ Phone Number: _____

Other ways to find the right in-network care for you:

1. Log into Blue Access for MembersSM (BAMSM) at www.bcbstx.com/trsactivecare
2. Click on **Find Care** (at the top of the page)
3. Then on **Find a Doctor or Hospital**
4. Then search by **Laboratory, Imaging, or Ambulatory Surgical Center**

Visit Provider Finder[®] at www.bcbstx.com/trsactivecare/doctors-and-hospitals