



October 21, 2019

Exciting news about new plan offerings through Teladoc.....

Since Sept. 1, 2019 TRS-ActiveCare plans feature two new benefit offerings, Mental Health services and Teladoc medical visits for TRS family members that are not covered by the TRS-ActiveCare.

Teladoc's Mental Health services

You can receive care for conditions like depression, anxiety, stress, grief and more from a Teladoc psychiatrist, psychologist, social worker or therapist. Teladoc's providers are board-certified and are available seven days a week, from 7 a.m. to 9 p.m.

Please note Teladoc mental health visits are only available by video chat via a computer, tablet or smart phone.

Schedule an appointment

Unlike the medical visits through Teladoc, all mental health consults must be scheduled at least 72 hours in advance. Schedule online at teladoc.com/trsactivecare.

- Register or log in to your Teladoc account
- Request a visit at least 72 hours in advance
- Complete the Patient Health Questionnaire-9 (PHQ9)
- Request a time for your appointment

Teladoc offers family members medical visits

As a TRS-ActiveCare employee you can extend Teladoc services for non-urgent medical care to family members, like a parent or a child that has aged off the plan, provided you are a caregiver for that person. The family members do not need to be enrolled in TRS-ActiveCare. You can arrange a video or phone visit and the cost is just \$45 a visit.

For more information

- Review the [Mental Health Care flyer](#) and [Caring for Your Family](#)
- Visit the [TRS-ActiveCare website](#) for more information.

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