

10 WAYS TO GET THE MOST FROM YOUR TRS-ACTIVECARE PLAN



Put your TRS-ActiveCare plan to work for a better you. Here are 10 ways to make the most of your plan's features and resources:

1. CHOOSE THE PLAN THAT'S RIGHT FOR YOU



How do you and your family use health care services? When you compare premium costs, keep in mind that a lower premium cost means higher out-of-pocket costs for care — and vice versa. What's most important to you in a health plan? The enrollment resources can help you learn about your options and match a plan to your unique needs.

2. KNOW YOUR BENEFITS



After you choose, you may not remember what your deductible is or what the plan pays. To see what you'll pay out of your own pocket for care, look at your deductibles, coinsurance and copays. Download the TRS Health mobile app to view your plan, call a nurse or connect directly to a doctor right from your phone!

3. FIND A DOCTOR



Use the provider search tool on your Aetna member website to find high-quality, in-network doctors near you. Find a primary care physician (PCP) that will coordinate your care and help you with your health care needs and health goals. Register and log in at aetna.com.

4. KNOW WHERE TO GO



The ER is always the place to go when a life is in danger. When it's not life-threatening, you've got options: You can visit your PCP, an urgent care center, a walk-in clinic, and call or video chat with a doctor. The provider search tool can help you find the right provider in Aetna's network.

5. PLAN FOR EMERGENCIES



It's good to know ahead of time where your closest urgent care and ER are located and how to get there. **Tip:** Post the facility name, address and phone number where you can access it quickly.

6. SCHEDULE YOUR ROUTINE EXAM



An annual physical exam tells you and your doctor a great deal about your current state of health as well as your risk for potential problems.

7. SAVE ON YOUR RX



Ask your doctor to prescribe generic drugs when possible. If generics are not available for the medications you use, he or she may be able to recommend lower-cost alternatives. You can also check the drug cost estimator at caremark.com/trsactivecare for lower costs.

8. RESEARCH COSTS



The place where you get your surgery, labwork and imaging done affects your out-of-pocket costs, even within the network. **Try this:** Use the cost estimator tool at your Aetna member website to find and compare prices for treatments, procedures and tests.

9. SET A HEALTH GOAL

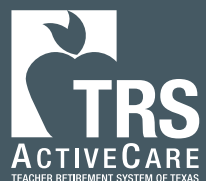


You may want to lose a few pounds, run a race or simply keep up with the kids. Get help to reach your goal from the wellness tools and resources at your Aetna member website.

10. STAY INFORMED



Online resources at trsactivecare.aetna.com and aetna.com offer a wealth of health, wellness and benefits information. Need a quick answer or solution? Call TRS-ActiveCare Customer Service at **1-800-222-9205** to talk with an Aetna Health Concierge.



Download the new TRS Health app today!