



January 9, 2020

News about TRS Virtual Health benefits available through Teladoc.....

TRS offers TRS Virtual Health visits as part of all TRS health plans. Teladoc is a virtual health service available through TRS Virtual Health. Watch for the new logo so you know it is part of your TRS-ActiveCare benefits.



Since Sept. 1, 2019, TRS-ActiveCare 1-HD offers lower costs for virtual medical visits: \$30 per visit, down from \$40.

TRS Virtual Health general medical consultations

You have always been able to schedule a general medical visit through Teladoc. Now it is more affordable than ever. TRS lowered the cost of a general medical visit from \$40 to \$30. You can receive care for non-urgent conditions like sinusitis, bronchitis, ear infections, the flu and much more and the cost of the visit is just \$30.

- TRS-ActiveCare 1-HD: \$30 consult fee applies toward your deductible. Once you meet your deductible, the plan pays 80% and you pay 20%, which is only \$6 for a medical consultation with a board-certified physician.
- TRS-ActiveCare 2 or a TRS-ActiveCare Select: cost of the consult is still \$0.

In Case You Missed It: TRS Virtual Health 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. Video consultations are available seven days a week, from 7 a.m. to 9 p.m.

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

- Complete the Patient Health Questionnaire-9 (PHQ9)
- Request a time for your appointment

TRS Virtual Health also offers family members medical visits through Teladoc even if they are not enrolled on your TRS-ActiveCare plan

TRS-ActiveCare employees 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 the employee is a caregiver for that person. The family members do not need to be enrolled in TRS-ActiveCare. They can arrange a video or phone visit and the cost is \$45 a visit.

For more information

- Review the [Mental Health Care flyer](#) and [Caring for Your Family](#)

The [TRS-ActiveCare Plan Highlights](#) have been updated with the new benefit information.

Proprietary