

TRS Virtual Health



32 YEARS
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FastServers

Your BCBSTX coverage includes TRS Virtual Health choices powered by Teladoc® and RediMD™. This allows you access to convenient, quality health care from home or on the go, without having to travel to a doctor's office.



TRS-Virtual Health powered by Teladoc

Teladoc physicians have an average of 15-20 years of clinical experience and are board-certified in family medicine, internal medicine, pediatrics or emergency medicine.

You can use Teladoc for general medicine, including a variety of acute, non-urgent conditions. Confidential mental health services for adults 18 and older from a licensed therapist, psychologist, psychiatrist or certified drug and alcohol abuse counselor are also available. You can even have prescription medication sent right to your home, when medically necessary.

General medical conditions treated include:

- cold and flu symptoms
- allergies
- bronchitis
- respiratory infections
- stomach upset
- sinus problems
- skin problems

Mental health conditions treated include:

- depressive and anxiety disorders
- bipolar, schizophrenia and psychotic disorders
- attention disorders
- alcoholism and addiction and substance-related disorders
- obsessive compulsive and related disorders
- eating disorders
- personality disorders
- neurocognitive disorders and dementia



For more information and to set up your account, visit Teladoc for TRS-ActiveCare. You can also download the Teladoc mobile app from the Apple Store or Google Play Store or call **1-855-Teladoc (1-855-835-2362)** for help from a representative.

TRS-Virtual Health powered by RediMD

RediMD provides quality primary care medical service with live, face-to-face diagnosis and treatment online or by phone. You can see or speak with a board-certified physician who can diagnose and recommend conservative treatment 24/7.

Conditions treated by RediMD include:

- back and shoulder strains
- ankle injuries
- shoulder strains
- pulled muscles
- contusions/bruises
- asthma
- shortness of breath
- infections
- allergies
- chemical exposure



Registration is a one-time process and can be done without having to schedule an appointment. To **set up your account**, visit **www.RediMD.com** and click **Register**. Enter the code "**trsactivecare**," click **Next** and follow the directions to complete your profile. You can also register by calling the RediMD customer service provider line at **1-866-989-Cure (1-866-989-2873)**, option 3.