

TRS Virtual Health powered by Teladoc

Teladoc provides medical care for 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. Your provider can even send your prescriptions to your pharmacy if needed.

Teladoc is available 24/7 for medical treatment and 7 a.m. to 9 p.m. daily for mental health treatment.

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, addiction and substance-related disorders
- obsessive compulsive and related disorders
- eating disorders
- personality disorders
- neurocognitive disorders and dementia

TRS-ACTIVECARE PLANS	MEDICAL VISITS	MENTAL HEALTH VISITS
TRS-ActiveCare Primary, TRS-ActiveCare Primary+, TRS-ActiveCare 2	\$12 copay	\$0 Copay • psychiatrist (initial visit), psychiatrist (ongoing visits), psychologist, licensed clinical social worker
TRS-ActiveCare HD	\$42 consultation fee	30% coinsurance after deductible • psychiatrist (initial visit), psychiatrist (ongoing visits), psychologist, licensed clinical social worker



For more information and to set up your account, visit www.teladoc.com/trsactivecare. You can also download the Teladoc mobile app from the Apple App 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 diagnoses and treatments, online or by phone. Your provider can even send prescriptions to your pharmacy if needed. Medical services are available 24 hours a day, seven days a week.

Conditions treated by RediMD include:

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

TRS-ACTIVECARE PLANS	MEDICAL VISITS
TRS-ActiveCare Primary, TRS-ActiveCare Primary+, TRS-ActiveCare 2	\$0 copay
TRS-ActiveCare HD	\$30 consultation fee



Registration is a one-time process, and you don't have to schedule an appointment. To **set up your account**, visit www.redimd.com/trsactivecare and click **Register**. Enter the code **trsactivecare**, click **Next** and follow the directions to complete your profile. You can also register by calling RediMD customer service at **1-855-942-4900**.

*RediMD only provides medical health services and does not provide behavioral health services. For behavioral health services, use Teladoc.

