



Talk to a doctor anytime

1-855-835-2362

As a TRS-ActiveCare plan participant you and your eligible dependents have 24/7/365 access to U.S. board-certified doctors and pediatricians by phone.

Teladoc can treat conditions like:

- Cold and flu symptoms
- Allergies
- Bronchitis
- Ear Infections
- Respiratory Infections
- Sinus Problems
- Skin Problems
- .....and More

The consultation is covered at 100% for **ActiveCare Select** plan and **ActiveCare 2** plan. Under the ActiveCare 1-HD plan your cost is a \$40 consultation fee that counts towards your deductible and out-of-pocket maximum.

Get Started

- **Download the mobile app** at [www.teladoc.com/mobile](http://www.teladoc.com/mobile).
- **Text "Get Started"** to **469-844-5650** for instructions on setting up your account.
- Visit **Teladoc online** at [www.teladoc.com/trsactivecare.com](http://www.teladoc.com/trsactivecare.com) and click **"Set up account"**
- **Call 1-855-Teladoc (835-2362)** to set up your account by phone.