

Get more from the TRS-Care Medicare Advantage plan

Discover the additional benefits, programs and services that are available to you as part of the TRS-Care Medicare Advantage plan

United Healthcare® Group Medicare Advantage

TRS CARE MEDICARE ADVANTAGE
TEACHER RETIREMENT SYSTEM OF TEXAS

More ways to put your health first



Annual wellness visit and preventive care[1]

- Check in with your primary care provider (PCP)
- Create a preventive care plan
- Review medications
- Talk about any health concerns

For help scheduling, call the number on your member ID card.

Mental and behavioral health resources

- Ongoing mental health support with Optum® Behavioral Health
- Resources through our Health and Wellness experience

To learn more, call the number on your member ID card or visit **Health & Wellness** on your member site.

Chronic conditions care

- Special programs for chronic conditions like diabetes or heart disease
- Personal attention and up-to-date information for your doctor to help them make decisions

UnitedHealthcare® Hearing

- Receive friendly, expert advice through our national network of 7,000+ hearing providers[2]
- Get personalized support to help you adjust to your new hearing aids
- Choose from the latest technology from popular brands[3]

To learn more, call **1-866-445-2071,** TTY **711,** or visit **UHCHearing.com/retiree.**

Calm Health

As a TRS-Care Medicare Advantage participant, you can use the Calm Health app at no cost to you. The app offers programs and resources to better support your mental health.

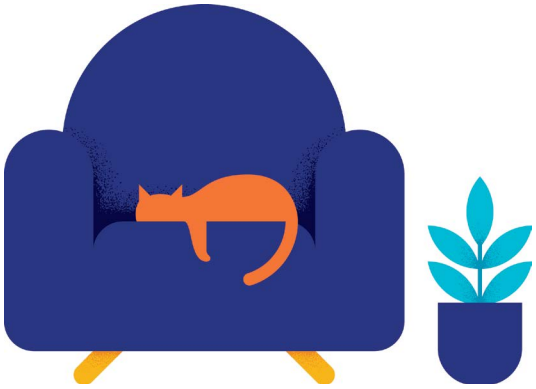
- Learn ways to help you feel better and manage stress
- Build healthy habits by tracking your progress
- Find resources to support the mind and body connection

To learn more, visit **uhc.care/calm/retiree**.

Vision benefits[4]

- Routine eye exam: $0 routine eye exam every 12 months
- Routine eyewear: $70 for eyeglasses, or up to $105 for contact lenses instead of eyeglasses, every 12 months

More care in the comfort of home



Optum HouseCalls[5]

Optum HouseCalls is a yearly in-home health and wellness visit with a licensed health care practitioner. It provides an extra layer of preventive care to help you take the right steps to support your health – all at no additional cost to you.

- Up to an hour of 1-on-1 time with the health care practitioner
- A comprehensive exam and tailored health care screenings
- A medication review and an opportunity to get advice and ask questions to help manage your health
- Education, prevention tips and referrals to health services, if needed

Prefer a video visit instead?[6] HouseCalls offers a video visit using a computer, tablet or smartphone to connect you with a health care practitioner.

Healthy at Home[7]

UnitedHealthcare® Healthy at Home provides you with the support you may need to recover from hospital and skilled nursing facility stays. You are eligible to receive:

- 28 home-delivered meals when referred by a UnitedHealthcare Engagement Specialist[8]
- 12 one-way rides to medically related appointments and to the pharmacy when referred by a UnitedHealthcare Engagement Specialist[8]
- 6 hours of non-medical personal care provided through a professional caregiver to perform tasks such as preparing meals, bathing, medication reminders and more. A referral is not required.

To learn more, call the number on your member ID card or visit **Health & Wellness** on your member site.

Virtual visits[9]

See a doctor or talk to a behavioral health specialist anytime using live video chat from your computer, tablet or smartphone.

- **Virtual Doctor Visits:** Ask questions, get a diagnosis or even get medication prescribed and have it sent to your pharmacy[10]
- **Virtual Behavioral Health Visits:** Talk to a behavioral health specialist for addiction, depression, anxiety, stress, loss, and behavioral health medication management

Find a list of participating Virtual Visit providers by logging in to your member site.

24/7 provider support

- Providers can diagnose, treat a wide range of conditions and prescribe medication[11]
- Connect by phone, web or app from anywhere
- Results of the visit can be shared with your primary care provider[12]

More resources to find your fit



SilverSneakers[13]

SilverSneakers® is a fitness benefit that includes:

- A free membership and access to group exercise classes at participating fitness locations
- Classes to get active outside of traditional gyms
- Virtual resources and a support network through SilverSneakers LIVE™, SilverSneakers On-Demand™ and the SilverSneakers GO™ fitness app
- SilverSneakers Steps kit for members 15 miles or more from a participating fitness center. Choose the kit that works best for you: general fitness, strength, walking or yoga.

Find a participating location at **silversneakers.com** or call toll-free **1-888-338-1722**, TTY **711**.

Let's Move by UnitedHealthcare®

Let's Move is your exclusive wellness program that helps you discover ways to feel great every day at no additional cost to you. Whether your goal is to be active, eat healthier, beat the blues or stress less, Let's Move has something for you. Explore fun events, exciting challenges, helpful resources and ways to connect with others.

Learn more at **letsmovebyuhc.com** or visit **Health & Wellness** on your member site.

Virtual coaching programs

Our weight and diabetes management program combines personalized coaching, nutrition guidance, and clinical support to help you feel your best, lower your risk of serious health issues, and reach your long-term health goals.

To learn more, call the number on your member ID card or visit **Health & Wellness** on your member site.

Additional wellness resources

Explore our member-only health and wellness experience, providing a wide variety of useful resources and activities, including brain games, healthy recipes, fitness activities, learning courses and more – all at no additional cost.

To explore, visit **Health & Wellness** on your member site.



Virtual Education Center

Visit the Virtual Education Center when you want more information about features of the TRS-Care Medicare Advantage plan and ways to help make it work best for you. We've brought everything together in one place for whenever and wherever you may need it.

Review benefits, programs and services, explore videos, fliers and brochures and more.

Access the Virtual Education Center from your computer, tablet or smartphone or visit **uhcvirtualretiree.com**

Register for your secure online account

Your member website has been designed to help you do more, giving you 24/7 access to everything your plan has to offer.

After you sign up for your online account and log in, you can:

- Look up your latest claim information
- Search for network doctors
- Review benefit information and plan materials
- Explore our member-only health and wellness resources
- Print a temporary member ID card and request a new one
- Sign up to get your Explanation of Benefits (EOB) and other plan documents online

Download the UnitedHealthcare® app

With the UnitedHealthcare app, you can find care and manage your plan details anywhere you go. Download the app in your app store or scan the QR code with your smartphone or tablet.

Call or go online to learn more

1-866-347-9507, TTY **711**
7 a.m.–6 p.m. CT, Monday–Friday

retiree.uhc.com/
TRS-CareMA

[1]A copy or coinsurance may apply if you receive services that are not part of the annual physical/wellness visit.

[2]Please refer to your Summary of Benefits for details on your benefit coverage.

[3]Other hearing exam providers are available in the UnitedHealthcare network. The plan only covers hearing aids from a UnitedHealthcare Hearing network provider. Network size varies by local market. Availability subject to change and may be discontinued at any time.

[4]Benefits are combined in and out-of-network

[5]A HouseCalls visit is designed to support, but not take the place of, your regular doctor's care. HouseCalls may not be available in all areas.

[6]Not all network providers offer virtual care. Virtual visits may require video-enabled smartphone or other device. Not for use in emergencies.

[7]A new referral is required after every discharge to access your meal and transportation benefit. Services are provided by third parties not affiliated with UnitedHealthcare and participation may be subject to your acceptance of the third parties' respective terms and policies. UnitedHealthcare is not responsible for the services provided by third parties.

[8]A new referral is required after every discharge to access your meal and transportation benefit.

[9]24/7 Virtual Vists should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through this service is for informational purposes only. The nurses cannot diagnose problems or recommend treatment and are not a substitute for your provider's care. Your health information is kept confidential in accordance with the law. Access to this service is subject to terms of use.

[10]Providers cannot prescribe medications in all states.

[11]When medically necessary.

[12]With member consent.

[13]Availability of the SilverSneakers program varies by plan/market. Refer to your Evidence of Coverage for more details. Consult a health care professional before beginning any exercise program. Participating locations ("PL") are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities are limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location. SilverSneakers is a registered trademark of Tivity Health, Inc. © 2026 Tivity Health, Inc. All rights reserved.

Benefits, features and/or devices vary by plan/area. Limitations, exclusions and/or network restrictions may apply.

Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract and a Medicare-approved Part D sponsor. Enrollment in the plan depends on the plan's contract renewal with Medicare.

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