

TRS HMO Additional Resources

Teacher Retirement System Of Texas

General Information

- [TRS Website](https://trs.texas.gov) (trs.texas.gov)
- [TRS Forms](#)
- [Frequently Asked Questions about TRS-ActiveCare](#)

General Contact Information

TRS-ActiveCare Customer Service: **1-866-355-5999** Blue Essentials Access (HMO): **1-888-378-1633**

Blue Essentials (West & South Texas)

Contact Information

1-888-378-1633 Weekdays: 8 a.m. – 6 p.m., CT

2024-2025: Plan Information

- [Regional Rates and Plan Highlights](#)
- What Region is my District In?
 - [AskTED](#)
 - [Participating District List](#)

2023-2024: Plan Information

- [Regional Rates and Plan Highlights](#)

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General Information

- [Blue Essentials Home Page](#)
- [Blue Access for Members](#)
- [Information on Blue Essentials Access](#)
- Prescription Drug Benefit – [MyPrime.com](#)
- [Health and Wellbeing](#)
- [Update your Preferences](#)
- [Claim Form](#)
- [Transition of Care Form](#)
- [Standard Authorization Form to Use or Disclose Protected Health Information \(PHI\)](#)

24/7 Nurseline

Call the 24-hour nurseline seven days a week to speak with a registered nurse when you or a family member has a health problem or question. Nurses provide health advice and information about high fevers, earaches, cuts, bruises and more. To talk to a nurse or to access an audio library of over 1,200 topics, call **1-888-315-9473**.