



# 2025 TRS-Care Important Contacts

## All TRS Retirees

### TRS-Care Eligibility and Enrollment (Health Care)

Teacher Retirement System of Texas Health Division

- 888-237-6762 (7:00 a.m. – 6:00 p.m. CST, M–F)
- 2025 TRS-Care Plan Resources:  
[www.trs.texas.gov/Pages/trs-care-2025.aspx](http://www.trs.texas.gov/Pages/trs-care-2025.aspx)
- 2025 TRS-Care Plan Highlights:  
[www.trs.texas.gov/files/2025\\_trs\\_care\\_plan\\_highlights.pdf](http://www.trs.texas.gov/files/2025_trs_care_plan_highlights.pdf)
- TRS Health Care Events:  
[www.trs.texas.gov/Pages/healthcare\\_benefits\\_events.aspx](http://www.trs.texas.gov/Pages/healthcare_benefits_events.aspx)
- Subscribe to *The Pulse* (TRS health care news):  
[www.trs.texas.gov/Pages/subscribe.aspx](http://www.trs.texas.gov/Pages/subscribe.aspx)

### TRS Member Services (Retirement and Annuity)

Teacher Retirement System of Texas Benefit Services Division

- 800-223-8778 (7:00 a.m. – 6:00 p.m. CST, M–F)
- You can also send a secure message through  
[mytrs.texas.gov](http://mytrs.texas.gov).

### TRS-Care Dental Coverage (MetLife)

- 855-488-0522 (7:00 a.m. – 6:00 p.m. CST, M–F)  
[metlife.com/trs-care-dental](http://metlife.com/trs-care-dental)

### TRS-Care Vision Coverage (MetLife)

- 855-488-0522 (7:00 a.m. – 8:00 p.m. & Sat 8:00 a.m. – 3:00 p.m. CST, M–F) [metlife.com/trs-care-vision](http://metlife.com/trs-care-vision)

# Retirees without Medicare (Under Age 65)

## TRS-Care Benefits for Retirees without Medicare

- [www.trs.texas.gov/Pages/healthcare\\_trs\\_care.aspx](http://www.trs.texas.gov/Pages/healthcare_trs_care.aspx)

## TRS-Care Standard Medical Coverage (BCBSTX)

- Personal Health Guide: 866-355-5999 (24/7)
- [bcbstx.com/trscarestandard](http://bcbstx.com/trscarestandard)

## TRS-Care Standard Prescription Drug Coverage (Express Scripts)

- Customer Service: 855-778-1459 (24/7)
- [express-scripts.com/trscarestandard](http://express-scripts.com/trscarestandard)

# Retirees with Medicare (65+/Disabled)

## TRS-Care for Retirees with Medicare

- [www.trs.texas.gov/Pages/healthcare\\_trs\\_care\\_medicare.aspx](http://www.trs.texas.gov/Pages/healthcare_trs_care_medicare.aspx)

## TRS-Care Medicare Advantage (Medical coverage from United Healthcare)

- 866-347-9507 (TTY/TDD: 711) (7:00 a.m. – 6:00 p.m., M–F)
- Nurse Line: 877-365-7949 (TTY: 711)
- [retiree.uhc.com/trs-carema](http://retiree.uhc.com/trs-carema)

## TRS-Care Medicare Rx (Prescription coverage from Express Scripts)

- 844-863-5324 (24/7)
- [express-scripts.com/trscaremedicarerx](http://express-scripts.com/trscaremedicarerx)

## Medicare

- 800-633-4227; TTY: 877-486-2048
- [medicare.gov](http://medicare.gov)

## Social Security Administration

- 800-772-1213 (8:00 a.m. – 7:00 p.m., M–F); TTY: 800-325-0778
- [ssa.gov](http://ssa.gov)