

# TRS Active Care Wellness site

<https://www.tractivecareetna.com/wellness/>

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TRS-ActiveCare Website Site Map Adjust text size: A A A



**TRS ACTIVECARE**

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## Wellness

Aetna wellness programs help you and your family reach your goals, and provide personal support for special needs and conditions.

Learn more about these programs and other wellness resources at [Aetna Navigator](#), your secure member website.



- Navigate Wellbeing Solutions! +
- Cornerstones4care® diabetes education +
- Aetna Maternity Program - Beginning Right +
- TRS-ActiveCare Customer Service +
- Teladoc +
- 24-Hour Nurse Information Line +

All the help you need  
**TRS-ActiveCare Customer Service**

También disponible en español  
**1-800-222-9205**  
Monday-Friday, 8am-6pm CT

Secure Member Website  
Register on Aetna Navigator

Find a Doctor or Facility

ALEX Your benefits counselor

Obtain a Temporary ID Card

Live Healthy America

**Teladoc**  
Talk to a Doctor 24/7