



TRSnews

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EXECUTIVE DIRECTOR'S MESSAGE

Brian K. Guthrie



I hope this summer finds you energized, inspired and enjoying the moments that make the season meaningful. At TRS, we remain committed to supporting you with the resources that strengthen your confidence at every stage of your TRS journey.

This edition of *TRS News* helps to keep you informed and engaged as you navigate your benefits and enter another school year. Your trust motivates us, and we take pride in providing tools that help you plan well and feel secure in the decisions ahead. Inside, you'll find resources and updates to keep you empowered and well prepared as you look toward the future.

Some highlights include:

- **TRS Board Election:** the nomination period is open for the Public School District Employee position
- **New MyTRS Features:** participate in the TRS board election (now, if eligible) and enroll in TRS-Care (upon retirement)
- **TRS Podcast:** coming soon
- **New Peace of Mind Resources:** designed to help you plan ahead, stay organized and feel more confident about what's next

Summer is often a season for creating meaningful memories with the people who matter most. As you take time to reflect on the experiences and opportunities that lie ahead, I want you to know how grateful we are to be part of your journey.

Happy reading,

Brian

TRS Board of Trustees



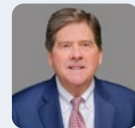
**ROBERT "ROB"
H. WALLS, JR.**
Chairman, San Antonio



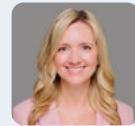
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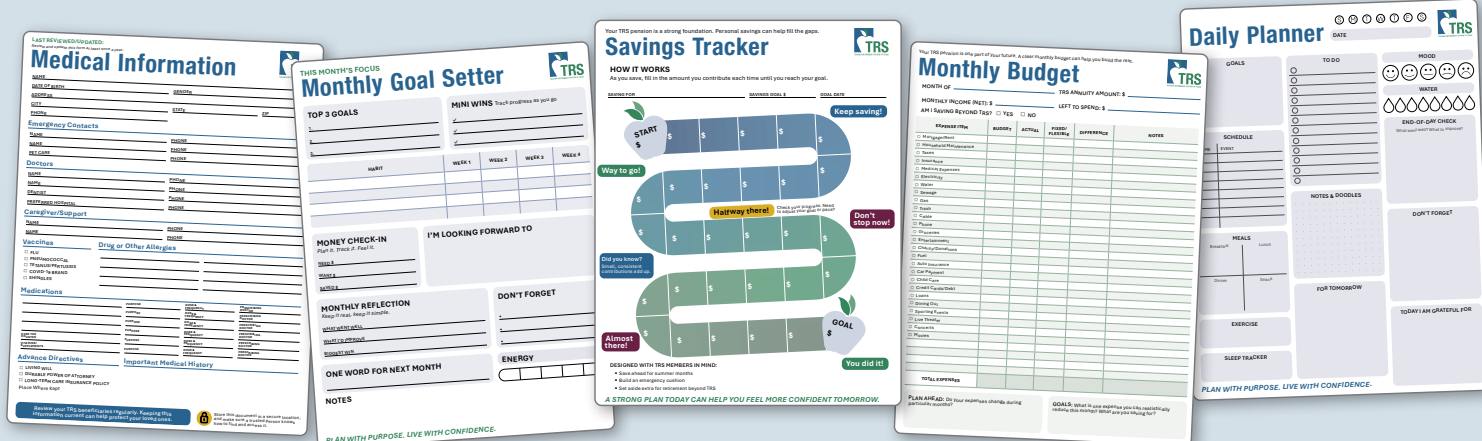


DAN WEST
Houston

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The Teacher Retirement System of Texas does not discriminate on the basis of race, color, national origin, sex, religion, age or disability in employment or the provision of services. A copy of the complete TRS plan is available at the above address during normal business hours.



Peace of Mind Resources

We're excited to share a fresh set of new [Peace of Mind resources](#) designed to help you plan ahead, stay organized and feel more confident about what's next. These tools bring practical support together in one place – from “Plan with Purpose” worksheets to caregiver guidance and resources for aging at home. Even better, some were created directly from member feedback about what would be most helpful. Whether you're caring for a loved one, getting your own plans in order or simply taking the next small step, these resources are here to make it easier to move forward with confidence.

Plan with Purpose. Live with Confidence.

Life gets busy. And when things feel uncertain, having a simple plan can make all the difference. These worksheets are designed to meet you where you are and can be used at your own pace – whenever you're ready. Start small. Pick one area that fits your needs right now:

Stay Organized

- [Daily Planner](#)
- [Monthly Goal Setter](#)

Manage Your Money

- [Monthly Budget Planner](#)
- [Monthly Bill Payment Tracker](#)
- [Savings Tracker](#)
- [Subscription Tracker](#)

Keep Important Information in One Place

- [Account Information Organizer](#)
- [Vital Medical Information Form](#)

Be Prepared for the Unexpected

- [Emergency Weather Checklist](#)
- [End-of-Life Planning](#)

A little progress today can make things a lot easier tomorrow. Learn more about planning with purpose and living with confidence.

Retire in Place

Home is where the heart is, and it's where we feel most comfortable. Being able to safely stay where we've built our lives as we transition into the golden years is priceless, and TRS understands the importance our retirees place on it. That's why our TRS-Care health plans have benefits that can help you age with dignity in the place you hold most dear.

[Learn more about how TRS-Care can empower you to retire in place.](#)

TRS Caregivers

Caregiving is one of the most challenging, but important, things we can do. It's complex and there are many considerations that may feel overwhelming to think about at once. TRS has compiled articles and resources that can help you navigate this season of life.

And don't forget – when it comes to caretaking, taking care of yourself is just as important as taking care of your loved one. Your TRS health plan has benefits that can help you do just that, which we've listed for you for easy access. [Access our caretaking resources.](#)

New in MyTRS

New features have recently made their way to the [MyTRS member portal](#). It's the perfect time to [log in](#) or [create your account](#) today to ensure you make the most of all the ways to connect with TRS and manage your benefits.

TRS Board Election Feature

Eligible members can now participate in TRS board elections directly through [MyTRS](#).

On your Account Summary page, you'll see a link that takes you directly to the election site if you are eligible to participate in the upcoming trustee election. There you can nominate and vote for the candidate of your choice through a streamlined process with no extra verification required.

- **Nomination period for the Public School District Employee trustee position:** June 2026 – Jan. 25, 2027
- **Election period for the Public School District Employee trustee position:** March 2027 – May 5, 2027

Prefer paper? You can still nominate by paper form or vote by paper ballot if that works best for you. Visit the [TRS board election webpage](#) for eligibility requirements and more information.

Enroll in TRS-Care

You can now complete key enrollment tasks for TRS-Care directly in MyTRS by logging in and navigating to the "Health" tile in the top right-hand corner. This means no paper forms, no printing and no mailing required. Every action you complete in the portal is secure, efficient and quick.

What you can do online for TRS-Care:

- Enroll in TRS-Care health coverage
- Add or remove dependents
- Submit Medicare information when you become Medicare-eligible
- End coverage for yourself or a dependent, when needed
- Send secure messages to TRS Health

MyTRS guides you through each step. Clear instructions and reminders help you review your information before submitting so you can complete your tasks with confidence.

Watch our simple [MyTRS how-to video](#) that can walk you through the steps.

Make the most of your benefits with MyTRS. Access your account, plan for retirement, enroll in TRS-Care when you retire – if eligible, update your personal information, and connect with TRS – all in one place. [Log in](#) or [create your account](#) today at [mytrs.texas.gov](#).

TEACHER RETIREMENT SYSTEM OF TEXAS



Turn Up the Sound: TRS Podcast Launches This Summer

You heard right. TRS is launching its first-ever podcast, *TRS Afterschool Special*, this summer.

This isn't your typical benefits talk. It's real conversations with the people behind TRS—members, staff and guests—sharing insights, experiences and practical tips you can use.

First episodes include:

- **Membership Matters:** Benefits That Go Beyond Retirement
- **Strong Today, Ready for Tomorrow:** The TRS Investment Approach
- **Creating Connections:** How the Ombuds Fosters Relationships
- **Master Your Benefits:** A Guide to TRS Education
- **Account Essentials:** Best Practices for Managing Your TRS Information
- **Staying Connected:** The Evolution of Communication

Listen (or watch!) on the TRS website, or tune in on Spotify, iHeartRadio and Apple Podcasts.

Press play. Learn something new. Take the next step – on your time.

TRS SEEKS NOMINATIONS for TRS Board of Trustees

Public School District Employee Position



TRS is now accepting nominations for eligible members to qualify as candidates for the election of the Public School District Employee position on the TRS Board of Trustees. The term begins as early as Sept. 1, 2027 and ends Aug. 31, 2033. An eligible member for this election is a current employee of a public school district, charter school or regional education service center.

TRS offers two ways for a nominee to collect the required 250 signatures of eligible members for nomination:

- 1

A nominee may collect the 250 signatures **electronically** by declaring their interest to be a nominee to the [Secretary to the Board of Trustees](#). Once the member’s eligibility is validated, the member’s name will be posted on the [nomination site](#) where the nominee may direct eligible members to sign the nominee’s electronic petition. The names of nominees will be posted on a first-come, first-listed basis.

This year, TRS is offering a direct link to the nomination site through the MyTRS portal. Eligible voters will see the link on their MyTRS Account Summary page and with one click will be sent directly to the nomination site without having to sign on. TRS will also continue to offer electronic petition signing through the nomination site, where eligible members must provide identifying information to sign on to the site. Either way, the process is easy and only takes a few minutes. For an electronic petition, the nominee does not need to submit anything further to TRS but must have 250 eligible member signatures by Jan. 25, 2027 to be considered a candidate.
- 2

TRS will also continue to allow nominees to collect 250 signatures of eligible members with **paper petitions**. TRS must receive the nominee’s paper petitions no later than Jan. 25, 2027. You may download the [petition \(pdf\)](#) or if you do not have access to a printer, please contact the [Secretary to the Board of Trustees](#) to request a petition be mailed to you.

[Visit the TRS website for nomination and election timelines.](#)

Important Upcoming Dates

Monday, June 1, 2026	Monday, Jan. 25, 2027	Monday, March 15, 2027	Wednesday, May 5, 2027
Online nomination site and hard copy petitions are available	Deadline for submitting nominating petitions to TRS	Ballots mailed out on or before this date containing candidate biographical information	Deadline for receiving returned completed ballots – electronic or hard copy

2026 TRS Board of Trustees Meeting Dates

[Join TRS online](#) to view live board and committee meetings.

Dates	April 30-May 1	Sept. 17-18
Feb. 12-13	July 16-17	Dec. 10-11

Past meetings can be viewed online.

View [TRS Board of Trustees Meeting Dates](#) for the latest.

Watch Previous Meetings on Demand

Don’t miss out on important discussions.

Stay updated on what was covered in previous meetings by [watching the on-demand recordings](#). You can also find board books and summaries with key highlights and decisions from each meeting.

Prepare For Retirement

Whether retirement is around the corner or a few years away, TRS offers sessions to help you understand your benefits, answer questions and plan your next steps.

2026-27 RETIREMENT SESSIONS

Visit the [Retirement Sessions & Counseling](#) page on the TRS website to find upcoming events:

- TRS Essentials Webinars
- Pension Presentations
- Retirement Forms Sessions
- Opportunities to Meet with TRS Across the State

Register Today

Space is limited and available on a first-come, first-served basis. Register by the listed deadlines. After signing up, you'll receive a confirmation email with your session details.

TRS is the only contact for scheduling meetings. Call 1-800-223-8778 and a TRS counselor will be happy to help you. Please do not call meeting locations for information.

Virtual Counseling Sessions

Don't want to wait for us to come to you? Schedule a one-on-one virtual appointment at any time. Visit the [TRS website](#) for details.



You'll Also Find:

- In-person and virtual options
- Locations, dates and times
- Registration details
(via [MyTRS member portal](#) and by [phone](#))

What Members Are Saying

"Everything went well. Very informative. I felt much better afterwards."

"The best team, the best service and very nice place."

"Excellent customer service, very knowledgeable, and patient with all my questions. Really no room for improvement."

At a City Near You: TRS-Care Health Education Fairs!

Grab your boots – because the TRS-Care Health Education Fair is rolling through Texas from August to October! If you're thinking of retiring soon and want to learn more about your TRS-Care retiree health plan options, these events are for you.

Join TRS and our partners for a state fair-style experience designed to help you explore and understand the 2027 TRS-Care benefits. There will be benefits presentations from 8:30 a.m. to noon and a come-and-go exhibit hall from 9 a.m. to noon.

The fair is open to current TRS-Care participants, future TRS-Care participants, and eligible dependents and family members. We hope to see you there!



On Board: Welcoming Our New Trustees

Governor Greg Abbott has appointed Pete Pape, Ed.D. and Dan West as new trustees to the TRS Board. Both terms are set to expire on Aug. 31, 2031.

The TRS Board of Trustees serves as the trustee of all plan assets and is responsible for the general administration and operation of TRS. The board is composed of nine appointed members, who serve staggered terms of six years.

[Read more about our new trustees.](#)



Pete Pape, Ed.D., of Leander is the chief financial officer of Eanes Independent School District and a Texas Certified Public Accountant.



Dan West of Houston is an investor at SCF Partners. He is also a U.S. Marine Corps veteran and received an honorable discharge at the rank of Captain in 2013.

How Artificial Intelligence (AI) is Working for You

At TRS, we're always looking for ways to work smarter and make your experience better. As artificial intelligence (AI) becomes part of everyday life, we're using it in thoughtful ways to improve how you access information efficiently and securely, get support and stay connected to your benefits.

TRS Videos Just Got Smarter

Learning about your benefits just got a whole lot easier.

[AI-enhanced features](#) let you interact with TRS education videos in a whole new way. You can quickly find the moments that matter most, get instant answers and even explore content in different languages.

What this means for you:

- Find answers faster with searchable video moments
- Get quick highlights without watching the full video
- Access translated audio and captions for better understanding
- Feel confident knowing all content is reviewed and approved by TRS experts

A More Helpful Phone Experience

Getting the information you need over the phone is now quicker and more intuitive.

This summer, TRS upgraded its phone system to better understand and respond to your needs. Using natural language recognition, you can speak in your own words rather than listen to a lengthy menu of options and be directed to the right resource faster.

What this means for you:

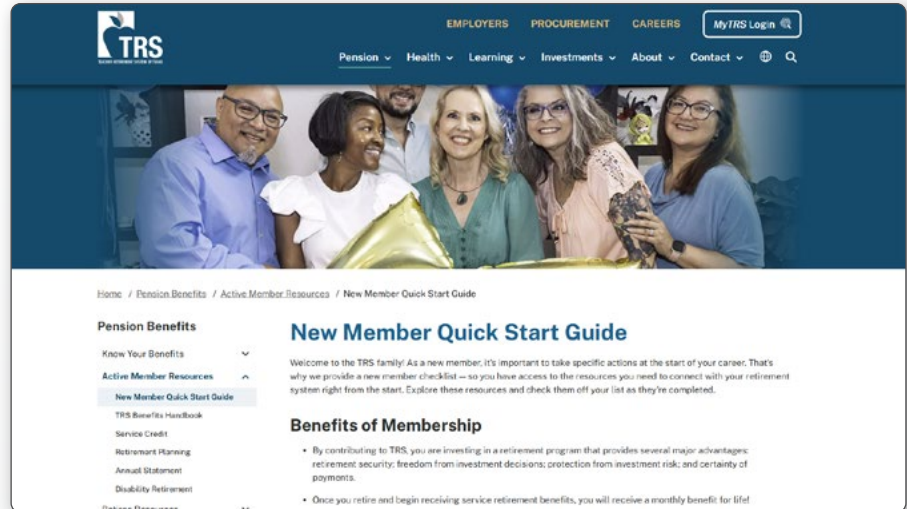
- Speak naturally – no need to memorize menu options
- Get routed quickly to the help you need
- Request key information like your account balance, years of service or health coverage details
- Spend less time navigating and more time getting answers

We're continuing to explore ways to use technology to better serve you – making your TRS experience simpler, faster and more helpful every step of the way.

QUICK START GUIDE for New TRS Members

Welcome to TRS! To help you get started, we've created a checklist with resources to help you connect with your retirement system from day one. This summer, explore the [Quick Start Guide for New TRS Members](#) to learn about:

- Benefits of TRS Membership
- Registering for MyTRS
- Designating a Beneficiary
- Reviewing Health Care Benefits
- Reviewing the *TRS Benefits Handbook*
- Watching Pension Education Videos
- Navigating Life and Job Changes
- Attending an Introduction to TRS Presentation
- Subscribing to TRS Email Notifications
- Connecting on Social Media



We look forward to staying connected with you throughout your career!

Another simple way to start your game plan:

Watch the Introduction to TRS Presentation. Easily use the AI-enabled feature to ask questions and get answers from the information in the video – right on the spot!

Small steps now. A stronger future ahead.

Working After Retirement

Thinking about [heading back to work](#)? Let's make sure you're set up for success.

Before saying "yes" to a TRS-covered employer, there are important rules to keep in mind:

- Mandatory one-month break in service
- June 15 rule
- Working under an Employment After Retirement (EAR) exception
- Surcharges (applies to TRS retirees who retired after Sept. 1, 2005 and who work more than one-half time during a month)

A little planning now can help you avoid surprises – like revoking your retirement or forfeiting your annuity payments.

Some resources to help guide you:

- [EAR Brochure](#)
- [EAR Limits for Service Retirees](#)
- [EAR Limits for Disability Retirees](#)
- [EAR FAQs](#)

Have questions about your situation? Contact [TRS Member Services](#). We're here to help you move forward with confidence.



Go Paperless for Easier, Faster Access

Looking for a simpler way to stay on top of your health plan? Going paperless makes managing your benefits easier than ever.

When you choose paperless delivery, your health plan information — like your ID card, referral statuses and spending amounts — is available online anytime. No more waiting for the mail or worrying about misplaced documents. You can quickly view, download, or print what you need, right when you need it.

You'll also get email or text alerts when new information is ready, so you never miss an update. It's a convenient way to stay informed and in control of your health care.

Going paperless can also help protect your personal information. Digital access reduces the chance of sensitive health details getting lost or stolen in the mail. Plus, your documents are securely stored in your account, where you can access them whenever you need.

Making the switch is easy. Just log in to your Blue Access for MembersSM account or use the BCBSTX app to update your preferences.

Ready to simplify your experience?

[Go paperless today](#) and enjoy quick, secure access to your health plan information – without the paper clutter.

5 Reasons to Go Paperless

Managing your health plan doesn't have to mean paperwork or waiting on the mail. With paperless delivery, you get faster, safer and easier access to your information.

1. **Access Anytime**

View your ID card, referrals, spending, and more – 24/7 from your phone or computer.

2. **Get Information Faster**

See documents as soon as they're ready – no mail delays.

3. **Stay Informed**

Sign up for email or text alerts so you never miss an update.

4. **Protect Your Information**

Secure online access helps reduce the risk of lost or stolen mail.

5. **Simplify Your Life**

Cut clutter and keep everything in one easy-to-find place.



Ready to switch?

Log in to your [Blue Access for MembersSM](#) account or use the BCBSTX app to go paperless today.

Protect Your Summer Plans from Scams

Summer is a busy season for travel, rentals, children's camps, summer concerts, and generally having fun. It's also a time when scammers ramp up their efforts, using these everyday activities to blend in and trick you into providing sensitive information.

Don't let your guard down while you're having fun. Here are some helpful tips you can follow:

- Before booking a vacation rental or buying event tickets, take a moment to verify the seller through trusted sources. Avoid sharing banking information over the phone, by text or through email.
- Be cautious of urgent calls, texts or emails claiming you owe money, or must move funds to "protect" an account. Legitimate agencies and businesses will not pressure you to act immediately.
- Protect your accounts by using strong, unique passwords and turning on multifactor authentication for banking, email, and travel accounts. Watch for fake websites, QR codes and CAPTCHA prompts that could install malware or steal your credentials.
- If you receive a message with a link, don't click it. Go directly to the official website instead.
- Finally, keep an eye on your account activity, consider freezing your credit if needed and report suspected fraud right away to help limit potential losses.



TRS shares cybersecurity updates to help members stay informed, protect their personal information and take simple steps to keep their accounts secure – thanks for doing your part to keep your information safe, too.



Ombuds Corner

Lori LaBrie

Simple steps to keep your TRS paperwork on track.

Did you know? Small details—like a missing signature or incomplete field—can slow down a routine TRS request. Start by using your full name exactly as it appears in TRS records on every form. If available, include your member ID to help match your paperwork to your account faster.

- Before submitting, take a moment to review your form. Make sure every section is complete and signed. Missing information is one of the most common causes of delays.
- A little prep can go a long way. Reviewing the [TRS](#)

[Benefits Handbook](#), watching a [member education video](#) or [speaking with a counselor](#) can help you avoid setbacks.

Taking a few extra minutes now can save time later and help your request move forward without delays.

The Ombuds Office is an additional, escalated resource for members and retirees who need help obtaining information through normal TRS channels; listening to member concerns and providing help; submitting reports to the board; and recommending changes to TRS operations. Visit the [TRS Office of Ombuds webpage for more information.](#)

TRS Word Scramble

Unscramble the letters to reveal a hidden message.

HNATK OYU
RFO AMIKNG
XSAET
TERIGHRB –
NI NDA TUO
FO HET
OORMSLACS.

Answer at the bottom of this page.

Solved the puzzle?

Tune in to the [TRS Talks](#) video series to hear real member stories and helpful tips from fellow members.



Follow TRS for timely news and events



NOTICE of Privacy Practices (NPP)

Federal law requires TRS to maintain and protect the privacy of your health information. Your protected health information is individually identifiable health information, including genetic information and demographic information, collected from you or created or received by TRS.

The Notice of Privacy Practices (NPP) explains how TRS may use and disclose your protected health information, as well as your rights and the obligations of TRS, with respect to that information.

The notice includes companies that may assist TRS with the operations of TRS-Care and TRS-ActiveCare.

View the notice at <https://www.trs.texas.gov/sites/default/files/migrated/TRS-Documents-notice-privacy-practices.pdf>.

NOTICE of Summary of Benefits and Coverage

Summary of Benefits and Coverage (SBC) Now Available

A Summary of Benefits and Coverage provides an overview of the benefits and services your health plan covers and what you can expect to pay for these services by the end of the year. The summaries are available for TRS-ActiveCare and TRS-Care Standard (excluding Medicare Advantage plans).

TRS-ActiveCare Participants: Summaries for the TRS-ActiveCare 2026-27 plan year through Blue Cross and Blue Shield of Texas (BCBSTX) are at <https://www.bcbstx.com/trsactivecare/coverage>.

TRS-Care Standard Participants: Summaries for the 2026 TRS-Care Standard plan year are at <https://www.bcbstx.com/trscarestandard/coverage>. The 2027 TRS-Care Standard summaries through BCBSTX will be available by the end of 2026.

If you have questions about your benefits or want a paper copy of a Summary of Benefits and Coverage, free of charge, please call:

- **TRS-ActiveCare (BCBSTX) Customer Service:**
1-866-355-5999
- **TRS-Care Standard (BCBSTX) Customer Service:**
1-866-355-5999
- Hearing-impaired people should dial Relay 711

Have Other Questions? For more information on TRS-Care enrollment and eligibility, please contact TRS Health at 1-888-237-6762.

For more information on TRS-ActiveCare enrollment and eligibility, please contact your Benefits Administrator.



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