



TEACHERS' RETIREMENT SYSTEM

of the State of Kentucky

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Staying well with TRS

In these times of staying home and healthy as the world deals with COVID-19, it's imperative that we do all we can to ensure our own wellness. If nothing else, this condition reminds us that good health practices are crucial.

Teachers' Retirement System of the State of Kentucky (TRS) has two great programs retirees can use to manage their own health and wellness at no additional cost to you. Both of these honor the request of health officials to stay healthy at home. If you're not already participating, I wanted to make you aware of these benefits. If you are participating in these programs for over-65 and Medicare-eligible retirees, feel free to use this to tell your friends (while – of course – maintaining good social distancing).

Personalized medicine

As an addition to TRS's wellness programs, TRS launched a cutting-edge medication safety program in 2017 under TRS's health plan. This personalized medicine program uses DNA testing to help your doctor ensure your medications are safe and beneficial for better health outcomes.

Participating in this program is free and can be done from the comfort of your home.

TRS's partners in this program – Coriell Life Sciences and the Know Your Rx Coalition – work to best manage your medication therapies. Though participation is optional, we are confident that the results – which you'll be able to use the rest of your life – likely will benefit your health and could save you money. Many retired teachers already have had their DNA tested using an easily provided saliva sample. The results are amazing. Almost two-thirds of participants have had a medication change as a result of this program.

To enroll, or for more information, call Coriell toll-free at 888-454-9024, Monday-Friday, 9 a.m.-5 p.m. ET or visit www.coriell.com/trs. You'll be asked for your current mailing address, date of birth and about certain lifestyle factors, foods and drinks that are known to impact the effectiveness of your medications. You also may be hearing directly from Coriell, if you haven't already, to encourage you to participate.

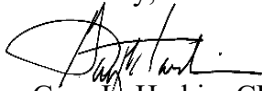
SilverSneakers

Another way retirees in the Medicare-eligible plan can keep well at home and get the daily exercise that is recommended by health officials is participating in videos on the SilverSneakers website. SilverSneakers offers on-demand exercise videos so members can continue to work-out at home. For more information:

<https://tools.silversneakers.com/>.

Know that we're thinking of all of you. TRS will continue to contact you through a variety of means, particularly during this time when we are open for business even though we can't take visitors. Feel free to reach out to TRS should you need anything related to your retirement or health care benefits.

Sincerely,



Gary L. Harbin, CPA
Executive Secretary