

# Midwestern State University

## **HealthSelect Medical**

[COVID-19 and Your HealthSelect Plan](#)

[Keeping a healthy lifestyle while working from home](#)

[Health and Wellness Incentives](#)

[Information regarding medical benefits](#)

[Information regarding prescription benefits](#)

[HealthSelect News and Updates](#)

[Provider Tool](#)

[Web and mobile tools](#)

[Optional Benefits](#)

[Virtual Visits](#)

## **Teachers Retirement System**

Please note that only TRS retirement information applies to Higher Education, TRS-Active Care (medical) does not apply to Higher Education

[COVID-19 TRS Member FAQs](#)

[TRS Handbook](#)

[TRS Handbook \(en Español\)](#)

[TRS has gone social](#)

[TRS Member Education Videos](#)

[Other TRS Publications](#)

## **MSU Information**

[EPAF Resources](#)

[Employee Training](#)

[Policy Manual](#)

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