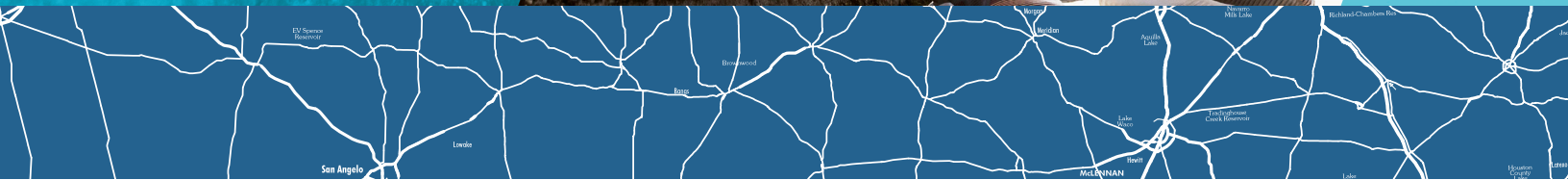


TRS-ActiveCare HYDRATION BASICS



Tune in to the Blue Cross and Blue Shield of Texas (BCBSTX) worksite wellness podcast for a short episode about the importance of staying hydrated. We'll cover:

- the benefits of hydration
- symptoms of dehydration
- what it means to be hydrated



Listen to the podcast at your convenience!

Click on the link below or scan the QR Code:

BCBSTX Hydration Basics



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