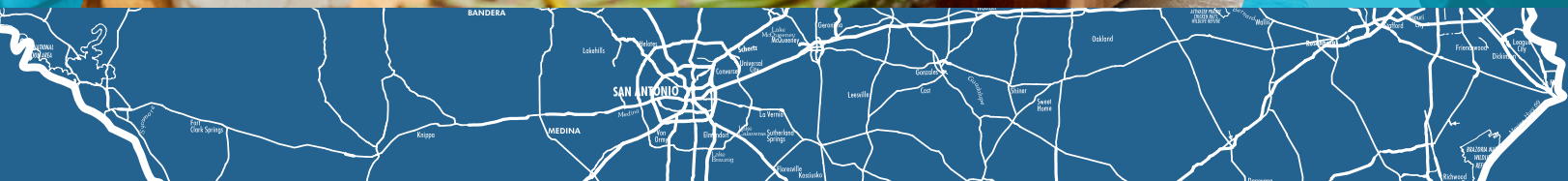


TRS-ActiveCare

KEEP YOUR GUT HEALTHY



Tune in to the Blue Cross and Blue Shield of Texas (BCBSTX) worksite wellness podcast for a short episode about keeping your digestive tract healthy. We'll cover:

- what makes up your digestive tract
- why it's important to have a healthy gut
- diseases of the digestive system, from mild to serious
- ways certain foods help keep your gut healthy



Listen to the podcast at your convenience!

Click on the link below or scan the QR Code:

BCBSTX Healthy Digestion



761647.0223



BlueCross BlueShield of Texas

Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association