

TRS-ActiveCare can help

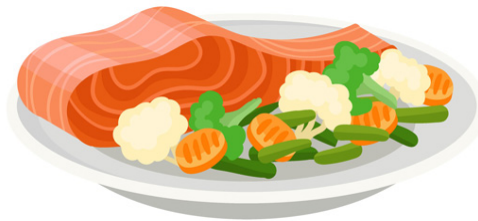


Wellness in the workplace starts with YOU! You have a variety of tools to help inspire, motivate and engage your employees in healthy activities.

Wellness Toolkit

Use this library, filled with a wealth of custom resources, organized by topic, 24/7! It's an easy and effective way to educate employees about:

- nutrition and fitness
- preventive care
- mental health
- common health issues and conditions
- healthy living
- their TRS-ActiveCare plan



[Visit the Toolkit](#)

Wellness Consulting

Take your wellness objectives to the next level by connecting with your district's wellness consultant, Marissa. She's here to support you, whether you need a healthy worksite assessment or help developing a strategy to build a culture of wellness that enhances employee health and wellbeing.

Send Marissa an email at marissa_ryals@bcbstx.com to get started!

Monthly Wellness Webinars

Participants can also get tips and expert advice from your wellness consultant! Marissa hosts monthly educational presentations on a variety of wellness topics. Encourage them to [explore upcoming topics and register today!](#)



Be Well Challenge

Looking for a fun way to get your employees involved in health and wellness activities? *Try adding a little friendly competition.* Be Well is a customizable step and wellness competition that lets you set district goals and even choose fun themes!

[Learn More](#)

TRS-ActiveCare Wellness Spotlight

The benefit of prioritizing health and wellness at work goes far beyond boosting morale and team building. It improves your overall health and deserves to be celebrated!

We award the Wellness Spotlight to districts or Education Service Centers that:



- earn or maintain a Worksite Wellness Award
- have a current and active Employee Wellness Program
- have a dynamic Employee Wellness Committee
- offer ongoing wellness initiatives like Be Well Challenges, Wellness 5k events, health education events, TRS-ActiveCare Wellness campaigns, and health fairs
- complete the OntheMark Culture and Environment Assessments or Onthemark Wellness Pulse Check Survey

Interested in learning about the Wellness Spotlight and other programs available through TRS-ActiveCare? Reach out to your wellness consultant today!

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Blue Cross and Blue Shield of Texas

www.bcbstx.com/trsactivecareba



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