

January participant emails

Happy New Year!

Below you'll find information about wellness tools available to you and participant emails we're sending this month.

Wellness Toolkits

Did you know you have access to tools that can help you educate your employees on important health topics? The TRS-ActiveCare wellness toolkit is a monthly post that focuses on a range of wellness topics like:

- nutrition and fitness
- mental health
- preventive health
- and more

Check back every month for a toolkit of new resources to share with employees that motivate and inspire!

Go deeper with your wellness objectives! Your wellness consultant Marissa Ryals is here to help. She can conduct onsite cultural and environmental assessments, coordinate exciting wellness challenges and more to help improve the health and wellbeing of your employees. You can reach her by email at marissa_ryals@bcbstx.com.

[Get the Toolkit](#)

Reference Guides

The Benefits Administrator Reference Guide is here! It gives you an overview of plan features and helps you decide who to contact in every scenario.

[Get the Guide](#)

Emails to Participants this Month

New Year, Healthier You

If you don't hit the ground running with your New Year resolution, you may have a harder time sticking to it. This email gives participants an overview of how their TRS-ActiveCare plan can help them keep their promises.

Download Blue Access for MembersSM

This email reminds participants to download and sign up for BAMSM. If they've already signed up, we'll remind them to update their contact information.

Chronic Conditions Management

A chronic illness requires daily symptom management at home as well as supervision from a doctor. This email to participants with chronic conditions outlines the resources available through their TRS-ActiveCare plan to help them manage their condition at home.

Give Us Your Number

We'll send this email to participants who don't have a phone number on file. It includes information about the kinds of text messages they'll receive and how to opt in.

Pay Attention to Texts

Once they've opted in to receive texts, we'll let participants know it's really us (i.e., it's not spam!) sending them important plan information. We'll also include instructions on how to opt in for text messages.

Thank you again for all you do,
Your TRS-ActiveCare Team

www.bcbstx.com/trsactivecareba



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1001 E. Lookout Drive, Richardson, TX 75082

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