

Your monthly overview of employee communications



### Hello and Happy Happy New Year!

Below you'll find information about participant emails being deployed this month. We'll let you know if any additional emails pop up before they deploy.

#### Personal Health Guides campaign

This month, we're wrapping up the Personal Health Guides (PHGs) campaign with an email about cost estimates and making doctor's appointments. These two important PHG-provided services can save participants time and money and help them make the most of their health coverage.

#### Wellness and Cost-savings emails

We're sending three other emails focused on wellness and cost savings in January. They include:

- No-cost Preventive Care email** – will provide details about what's covered at no-cost for participants
- Health Advisors email** – will introduce Health Advisors to new participants and remind returning participants of available services
- Diagnostic v. Preventive email** – will provide a general overview so participants know what questions to ask their providers

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

[www.bcbstx.com/trsactivecareba](http://www.bcbstx.com/trsactivecareba)



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