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## January Participant Emails

Happy New Year from your friends at TRS and Blue Cross and Blue Shield of Texas!

### Wellness Toolkit

Our bodies hear everything that our minds say. Your wellness toolkit includes resources to help participants keep their mind and body in harmony through the power of positive thinking.

[Get the Toolkit](#)

### New Year, New You Wellness Webinar

Help your employees dive deeper into wellness with webinars created just for them!

Wednesday, Jan. 28

8 - 8:45 a.m.

Noon - 12:45 p.m.

This presentation covers:

- SMART goal setting
- diet and exercise
- quitting tobacco
- managing stress

[Register Today!](#)

### Participant Emails this Month

#### New Year, Healthier You

If you hit the ground running with your New Year resolution, it's easier to make it stick. This email gives participants an overview of how their TRS-ActiveCare plan can help them reach their goals.

#### TRS Motion+ Pilot Program in Region 4

Region 4 (Houston area) participants have access to a NEW pilot program designed to improve outcomes for hip and knee replacements and cervical spine procedures. This email to eligible participants includes information about the new program and how they can take advantage of savings.

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



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