



# October participant emails

**Hello!** Below you'll find information about participant emails we're sending this month!

October is synonymous with breast cancer awareness. That's why our participant communication focus is on cancer awareness this month. Participants will get these emails:

## Cancer Prevention

This email reminds participants why it's important to keep up with preventive care and recommended screenings and how screenings can identify risk factors and help their doctor find cancers early.

## Breast and Ovarian Cancer

We'll send an email to female participants about common risk factors and signs and symptoms of breast and ovarian cancer. It also includes information about how to do breast self-exams at home and the importance of annual well-woman checkups.

## Prostate Cancer

Prostate Cancer is one of the most common cancers in men. This email tells male participants about the signs and symptoms, risks and steps they can take to prevent prostate cancer.

## Colon Cancer

With the rise in cases of colorectal cancer, guidelines were updated to recommend screenings at an earlier age. This email covers those changes, signs and symptoms, risk factors, tips for prevention, and more.

## Member Rewards

The new plan year just started, making it the perfect time to remind participants about Member Rewards. This email provides an overview of the program, how to get started, save money, and earn rewards!

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

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



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