



District Digest for Employers

Hello Benefits Administrator! Below you'll find information about your wellness toolkit and emails we're sending your employees this month.

Wellness Toolkit

Taking steps to prevent cancer today can make a lasting difference tomorrow. Your wellness toolkit offers resources to help your employees stay proactive with healthy lifestyle choices, routine screenings, and preventive care.

[Get the Toolkit](#)

Employee Emails This Month

Cancer Screening

This email will remind participants about the importance of cancer screenings and preventive care. We'll target them by age and gender.

For participants under 40, we'll focus on:

- cancer in younger adults
- early signs of cancer
- covered cancer screenings
- using Member Rewards for preventive care

For participants 40 and over, we'll cover:

- why screenings are important
- covered cancer screenings
- how to get a mammogram or colonoscopy
- using Member Rewards for cancer screenings

Keep Your Employees Engaged and Informed

We've made it easy for you to share information to keep them informed, engaged and connected to their benefits.

- Take advantage of your new library of designed, [copy and paste Member Rewards emails](#) you can share with your employees. *All you need to do is press "SEND"* to help them **save and earn money on preventive care and cancer screenings**.

What's included in their no-cost preventive care?



- A healthy lifestyle is an important part of cancer prevention. Your employee's TRS-ActiveCare plan gives them a variety of tools to help them get and stay healthy. Screenings are important, but so is staying active. Learn how they can [Join the Fitness Program](#) in October with **no enrollment fee**¹.
- Our ["How to" video library](#) can be your assistant for **questions about specialists or referrals**. Your employees can get quick, easy answers in short, bite-sized videos packed with great info, so they'll be in the know in no time!

Breast Cancer Awareness Webinar

Get wellness tips and expert advice from your Wellness Coordinator with webinars created just for you!

Monday, Oct. 19	Wednesday, Oct. 21
Noon – 12:45 p.m.	Noon – 12:45 p.m.

This presentation covers:

- types of breast cancer
- risk factors and symptoms
- screenings
- preventing breast cancer

[Register today!](#)

www.bcbstx.com/trsactivecareba



1. New members must enter the coupon code, OCT26FP, to qualify for free enrollment until October 31. Members who do not use this coupon code will be charged the standard fee. After October 31, the regular enrollment fee will apply to all new memberships. Members, and their covered dependents, must be 18 or older to join the Fitness Program. Taxes may apply. This offer may not be combined with any other offers. The Fitness Program is provided by Triviy HealthTM, an independent contractor that administers the Prime Network of fitness centers. The Prime Network is made up of independently owned and operated fitness centers. For medical emergencies, call 911. This program is not a substitute for a doctor's care. Talk to your doctor about any health questions or concerns. If the patient is 17 or younger, a parent or guardian must be present during the virtual visit.

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