

<u>Toolkit</u> Coverage and Benefits

**Documents and Forms** 

**Regional Rates** 

# **October Participant Emails**

Hello! Below you'll find information about your wellness toolkit and participant emails we're sending this month!

#### **Wellness Tool kit**

Why don't healthy lungs get spooked? They're too busy breathing easy!

Whether you're dressing up as a ghoul, goblin or have a stack of essays to grade, the best accessory is healthy lungs. Your wellness tool kit includes resources to help participants understand the importance of screening for lung cancer and quitting smoking.

**Get the Tool kit** 

### **LAST CALL for the Fitness Program Promotion**

### For a limited time, participants can join the Fitness Program with \$0 enrollment fee!1

From August to October, participants and their covered dependents  $^2$  can join  $\it without$ paying the \$19 enrollment fee using code TRS2025. Don't let them miss out on this great deal!

**Spread the Word** 

<sup>1</sup>Fitness Program enrollment fee is \$19.00 plus applicable sales tax.

 $^2$ Offer available to residents of United States who are at least 18 years old who have benefits with a participating health plan. Purchaser must provide the coupon code above at sign-up to receive waiver of the \$19.00 enrollment fee. For pricing information visit Offer not available to family members (dependents age 16+ who are covered my member's health plan). Additional terms, conditions and limitations apply. See

### **Breast Cancer Awareness Wellness Webinar**

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

#### **Breast Cancer Awareness**

Wednesday, October 15 5 - 5:45 p.m. 8 - 8:45 a.m.

## This presentation covers:

- breast cancer in women and men
- common risk factors
- guidelines and screening options
- how to reduce your risk

## Register today and invite your employees!

8 a.m. Webinar 5 p.m. Webinar

## **Participant 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

For participants 40 and over, we'll cover:

- why screenings are important
- covered cancer screenings
- how to get a mammogram or colonoscopy

www.bcbstx.com/trsactivecareba f (9) (in (2) (2) The Fitness Program is provided by Tivity Health, an independent contractor which administers the Prime Network of fitness centers. The Prime Network is made up of independently-owned and managed fitness centers. Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association 1001 E. Lookout Drive, Richardson, TX 75082 © Copyright 2025 Health Care Service Corporation. All Rights Reserved. <u>Legal and Privacy | Update Your Preferences | Unsubscribe</u> View in Web Browser