



- [Toolkit](#)
- [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 ghou, 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 dependents² can join *without paying the \$19 enrollment fee* using code **TRS2025**. Don't let them miss out on this great deal!

Spread the Word

¹Fitness Program enrollment fee is \$19.00 plus applicable sales tax.
²Offer 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 Program Agreement for details.

Breast Cancer Awareness Wellness Webinar

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

Breast Cancer Awareness

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