



November Participant Emails

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

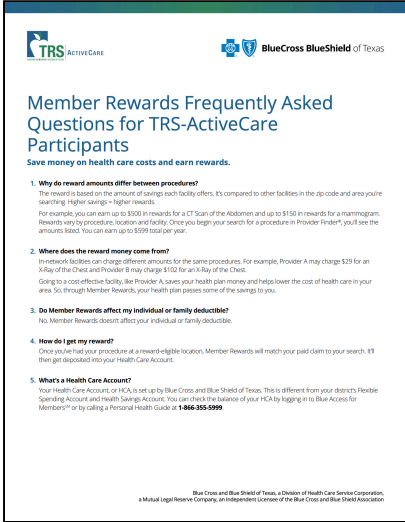
Wellness Tool kit

Small changes can make a big impact when it comes to managing diabetes. Your wellness tool kit includes resources to help participants make healthy choices while living with diabetes or prediabetes.

Get the Tool kit

You have new resources for Member Rewards

Are your employees asking you about saving money with Member Rewards? If you get a question you aren't sure how to answer, these new resources can help!



Member Rewards Frequently Asked Questions



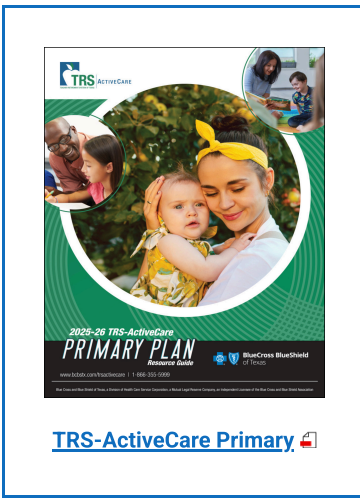
Member Rewards flyer

Get More Information

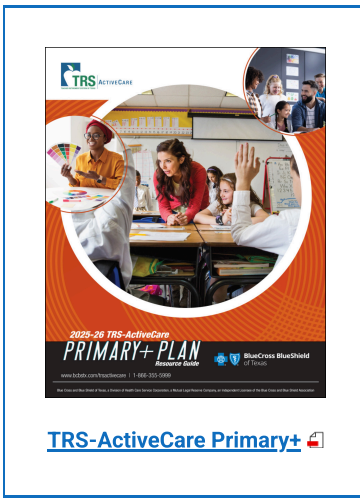
Resource Guides

Resource Guides are full of helpful information about TRS-ActiveCare benefits. Participants can find details about wellness programs and valuable tips for saving time and money while managing their health. They're available online for everyone. New participants and those who switched plans got a printed copy in the mail.

Get the Guides



TRS-ActiveCare Primary



TRS-ActiveCare Primary+



TRS-ActiveCare HD

Diabetes 101 Wellness Webinar

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

Diabetes 101

Wednesday, November 19	
Noon - 12:45 p.m.	5 - 5:45 p.m.

This presentation covers:

- symptoms of diabetes
- treatments and guidelines
- prevention and management tips

Register today and invite your employees!

Noon Webinar

5 p.m. Webinar

Participant Emails this Month

Go Paperless

The holidays tend to make to-do lists long and stress levels high. The last thing participants need to worry about is a lost ID card, whether their deductible is met or questions about their health plan. They'll learn how their phone can keep them prepared, so they can enjoy the season and know their health insurance is handled.

www.bcbstx.com/trsactivecareba



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