Overview of participant communications and more

# 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.

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## Wellness Toolkit

Turn awareness into action! During Diabetes Awareness Month, use your wellness toolkit to shine a spotlight on healthy habits, encourage early detection and support your employees affected by diabetes.

**Get the Toolkit**

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## Emails This Month

**Musculoskeletal Issues**
This email gives participants an overview of common types of musculoskeletal pain, how they can use their benefits to manage pain, when to see a provider and saving money on care. Participants employed in Region 4 will get a targeted version with information about TRS Motion+.

**TRS Motion+ Pilot Program in Region 4**
Is your district in Region 4 (Houston area)? Your employees have access to a pilot program designed to help them save $$$ on hip and knee replacements and cervical spine procedures.

**Learn More**

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## 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 imaging and certain musculoskeletal procedures.**
- A healthy lifestyle is an important part of feeling and moving better. Your employees' TRS-ActiveCare plan gives them a **variety of tools** to help them **stay active and pain free.**
- Our **"How to" video library** can be your assistant for **questions about getting an MRI or CT, specialists, referrals and using Member Rewards**. 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!
- **Reminder for Arlington ISD:** Your employees enrolled in the TRS-ActiveCare Primary x Arlington ISD plan have a shop requirement for non-emergency high-tech imaging services. **Learn more about how shopping can save them money**.

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## Diabetes 101 Webinar

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

| Monday, Nov. 16 | Wednesday, Nov. 18 |
|---|---|
| Noon – 12:45 p.m. | Noon – 12:45 p.m. |

This presentation covers:

- types of diabetes
- symptoms and complications
- managing diabetes

**Register today!**

**www.bcbstx.com/trsactivecareba**

The Fitness Program is provided by Tivity Health™, 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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