



December participant emails

Hello and Happy Holidays!

Below you'll find information about participant emails we're sending this month!

Emails to Participants this Month

Depression and Anxiety

The holidays can stir up stress and feelings of depression and anxiety. This email encourages participants to get help if they're struggling and provides information on finding a therapist, how to get low-cost virtual mental health care and no-cost digital mental health programs.

Happy Holidays and Where to Go for Care

We'll let participants know about TRS and Blue Cross and Blue Shield of Texas holiday hours, where to go for care during winter break and how to spot out of network Freestanding ERs. This email will also include a link to their Resource Guides.

We'll reach back out to you later this month to let you know when the Resource Guides are here!

Thank you again for all you do,
Your TRS-ActiveCare Team

www.bcbstx.com/trsactivecareba



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 2023 Health Care Service Corporation. All Rights Reserved.

[Legal and Privacy](#) | [Non-Discrimination Notice](#) | [Language Assistance](#) | [Update Your Preferences](#) | [Unsubscribe](#)

view in [Web Browser](#)