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December Participant Emails

Happy Holidays from your friends at TRS and Blue Cross and Blue Shield of Texas! Winter break is almost here! Below you'll find information about your wellness toolkit, participant emails we're sending this month and what you need to know while school's out.

Wellness Toolkit

Health makes the holidays even brighter. Your wellness toolkit includes resources on stress, healthy eating and more to help your employees celebrate the season feeling their best.

[Get the Toolkit](#)

Seasonal Affective Disorder Wellness Webinar

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

Wednesday, December 17	
Noon - 12:45 p.m.	5 - 5:45 p.m.

This presentation covers:

- what Seasonal Affective Disorder is
- risk factors and symptoms
- diagnosis and treatment options
- lifestyle tips

[Register today!](#)

Noon Webinar

5 p.m. Webinar

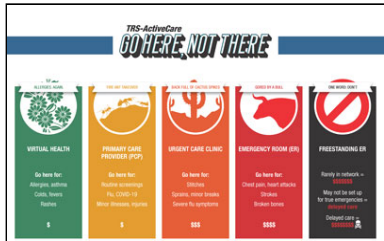
Holiday Hours

BCBSTX is closed:	TRS is closed:
<ul style="list-style-type: none">• Thursday, Dec. 25	<ul style="list-style-type: none">• Wednesday, Dec. 24 – Friday, Dec. 26
<ul style="list-style-type: none">• Thursday, Jan. 1	<ul style="list-style-type: none">• Wednesday, Dec. 31 – Friday, Jan. 2

Personal Health Guides are unavailable on **BCBSTX** holidays. However, the 24/7 Nurseline is open 365 days a year. Participants can call **1-833-968-1770** day or night for help with non-urgent conditions or to find out where to go for care.

Where to go for care

Decorating disaster. Food poisoning from your in-laws. Burned more than the dinner rolls. No matter what's ailing participants, knowing where to go for care is critical. Going to the wrong place could delay their care, cost them more (A LOT more!) or both. These posters can help. Print your favorite for the break room at school or attach it in an email to employees.



[Texas Version](#)



[Teacher Version](#)

Participant Emails this Month

Holiday "know-how" for TRS-ActiveCare

This email includes everything participants need to know this holiday season including holiday hours, where to go for care and how their plan can help them handle holiday stress.

www.bcbstx.com/trsactivecareba



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