

February Participant Emails

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

Wellness Toolkit

Roses are red. Violets are blue. Let's take care of our heart, exercise and eat healthy too! Your wellness toolkit includes resources to help participants improve their heart health and manage their cholesterol and blood pressure.

[Get the Toolkit](#)

Ready to Get Fit?
Join the Fitness Program *today* and get your enrollment fee *waived!*
Just enter the coupon code, **FEB26FP** between now and Feb. 28.
[Sign Up Now](#)
Members who do not use this coupon code will be charged the standard fee.

Blood Pressure Basics Wellness Webinar

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

Wednesday, Feb. 25

8 - 8:45 a.m.

5 - 5:45 p.m.

This presentation covers:

- healthy and high blood pressure levels
- improving your blood pressure
- risk factors
- resources available to participants

[Register Today!](#)

Participant Emails this Month

Heart Health

Heart disease is the number one killer of women and men in the United States. With so much at stake, participants should know the warning signs, ways to reduce their risk and how TRS-ActiveCare can help.

www.bcbstx.com/trsactivecareba



The Fitness Program is provided by Tivity Health, an independent contractor which administers the Prime Network of fitness centers. The Prime Network is made up of independently-owned and managed fitness centers.

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