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# Your NEW Wellness Toolkit

Did you know you have access to tools that can help you educate your employees on important health topics?

Your TRS-ActiveCare wellness toolkit looks a little different this year! We restructured the monthly wellness toolkit to give you a wealth of resources to use year-round!

This makes it easy for you to educate your employees about:

- nutrition and fitness
- mental health
- preventive health
- and more

Check back for new and updated resources to share with employees that motivate and inspire!



## Go deeper with your wellness objectives!

Your wellness consultant Marissa Ryals is here to help. She can conduct onsite cultural and environmental assessments, coordinate exciting wellness challenges and more to help improve the health and wellbeing of your employees. You can reach her by email at [marissa\\_ryals@bcbstx.com](mailto:marissa_ryals@bcbstx.com).

Visit the New Toolkit

[www.bcbstx.com/trsactivecareba](http://www.bcbstx.com/trsactivecareba)



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