

February participant emails

Hello!

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

Wellness Toolkits

There's no better time to talk with your employees about heart health than American Heart Month! Your Wellness Toolkit includes resources about managing high cholesterol, general tips for heart health and the Fitness Program.

[Get the Toolkit](#)

Emails to Participants this Month

Chronic Conditions Management

A chronic illness requires daily symptom management and doctor's supervision. This email to participants with chronic conditions outlines resources available through their TRS-ActiveCare plan to help them manage their condition at home.

Heart Health

Heart disease is a silent killer and can present differently in each person. These targeted emails to men and women outline signs of a heart attack and common risk factors they should discuss with their provider. A follow-up email will include information about TRS-ActiveCare plan resources that can help participants improve their heart health.

Member Rewards

The new year just started, making it the perfect time to remind participants about Member Rewards. This email provides an overview of the program, how to get started, save money, and earn rewards!

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

www.bcbstx.com/trsactivecareba



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1001 E. Lookout Drive, Richardson, TX 75082

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