



[Toolkit](#)

[Coverage and Benefits](#)

[Documents and Forms](#)

[Regional Rates](#)

March Participant Emails

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

Wellness Toolkit

Spring into wellness over spring break! Your wellness toolkit includes resources to help participants keep up with their preventive health and annual wellness exams.

[Get the Toolkit](#)

Monthly Wellness Webinars

Help your employees dive deeper into wellness with webinars created just for them! These educational presentations will cover a new health and wellness topic every month.

Essentials of Nutrition Webinar

Thursday, March 27	
8 a.m. - 8:45 a.m.	Noon - 12:45 p.m.

Tune in to a wellness webinar created just for you! This presentation about the Essentials of Nutrition will cover:

- nutrition basics
- healthy food choices
- portion control
- healthy snack ideas
- maintaining a healthy weight

Register today and invite your employees!

[8 a.m. Webinar](#)

[Noon Webinar](#)

Participant Emails This Month

Women's Health

Talking about women's health can bring up feelings of embarrassment or anxiety for many participants. This email covers the importance of getting a well-woman exam and ways to make the experience more comfortable and resources for fertility, pregnancy and parenting support.

Men's Health

Some men may not know that many of the biggest threats to their health can be avoided with healthy lifestyle choices and preventive care. Male participants will get an email about the importance of their annual wellness exam and how they can use their TRS-ActiveCare resources to stay healthy.

www.bcbstx.com/trsactivecareba



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