



March Participant Emails

Hello! Below you'll find information about participant emails we're deploying in March. We'll let you know if we need to send any other emails this month before they deploy.

Emails going to participants this month include:

Updating Contact Information

Participants may miss important plan information if we don't have their right address or phone number. Encourage them to update their contact information – *Copy the shaded area at the bottom of this email, paste it into a new email and send it to your employees.*

Treating Hip, Knee and Back Pain

Airrosti Remote Recovery and Hinge Health are free to TRS-ActiveCare participants in the Dallas/Fort Worth and Houston areas (regions 4, 6, 10 and 11). These musculoskeletal programs focus on acute and chronic pain relief using at-home exercises and physical therapy.

Value Story

This is the first in a series of value story emails focusing on some TRS-ActiveCare participant benefits, including:

- Personal Health Guides
- Blue Cross and Blue Shield of Texas' (BCBSTX) large provider network

Preventive Care

This year, we're sending separate preventive care emails to men and women. That lets us focus on their specific health needs. Emails this month include:

- Men's preventive care – the importance of getting an annual prostate exam
- Women's preventive care – the importance of getting an annual well-woman exam

Have you updated your contact information lately? You may miss important plan information if Blue Cross and Blue Shield of Texas (BCBSTX) can't reach you. It's easy to make updates:

In [Blue Access for Members](#)SM (BAMSM):

1. Log in or Register.
2. Click on **My Account** at the top right.
3. Click on **Profile & Preferences**.
4. Click on **Notification Preferences**.

On the BCBSTX App:

1. Download the app from the [Apple Store](#) or [Google Play Store](#).
2. Click **Settings** in the navigation at the bottom right.
3. Click **Plan Notifications**.

[Update Now](#)

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

www.bcbstx.com/trsactivecareba



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