

March participant emails

Hello!

Below you'll find information about SurgeryPlus, your wellness toolkit, a NEW mammogram campaign and participant emails we're sending this month!

Introducing SurgeryPlus – Available NOW

SurgeryPlus is a NEW voluntary benefit available at no cost to participants considering surgery. It gives them access to a network of highly qualified surgeons and personal support and guidance from a Care Advocate. SurgeryPlus covers some costs of surgery, like:

- pre- and post-surgical consultations
- in-office X-rays with a SurgeryPlus surgeon
- anesthesia
- procedure and hospital fees
- pathology

Commonly covered procedures

- cardiac
- ear, nose and throat
- gastrointestinal
- general surgery
- gynecology
- orthopedic
- spinal

Your participants may have received a mailer with a "network access card" from SurgeryPlus. This card is not an actual health insurance ID card. Blue Cross and Blue Shield of Texas has arranged for TRS-ActiveCare participants to make use of the SurgeryPlus network. If they have questions about SurgeryPlus, they can contact a SurgeryPlus Care Advocate at [1-833-423-0960](tel:1-833-423-0960).

Wellness Toolkits

When it comes to routine health care, men and women have different needs. Your Wellness Toolkit includes resources targeted for men and women with health tips, information about annual wellness exams, women's and family health resources and screening for ovarian cancer.

[Access the Toolkit](#)

TRS-ActiveCare Wellness Spotlight Winners

We want to give a special shout-out to the Fall 2023 winners of the TRS-ActiveCare Wellness Spotlight! Congratulations and thank you for your commitment to creating a healthier workplace.

- Santa Fe ISD
- Klein ISD
- Irving ISD
- Arlington ISD

For more information about the TRS-ActiveCare Wellness Spotlight and wellness initiatives, email Marissa Ryals at marissa_ryals@bcbstx.com.

Mammogram Campaign

Let's get cancer off our chests! Routine mammograms can help find breast cancer at an early stage when treatment is more successful. Women 40 and older in targeted school districts across Texas will get a postcard in the mail later this month about how they can schedule a mammogram. This campaign will evolve over the next few months.

Participant Emails this Month

Women's Health

Talking about women's health can bring up feelings of embarrassment or anxiety for many participants. We'll send three targeted emails this month covering the importance of getting a well-woman exam and ways to make the experience more comfortable, resources for fertility, pregnancy and parenting support and an overview of how hormones can affect your physical and mental health.

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 receive two targeted emails with tips for a healthier lifestyle and resources focused on their mental and sexual health.

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.

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

www.bcbstx.com/trsactivecareba



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