



The TRS-ActiveCare Wellness Spotlight winner is...




Toolkit

Coverage and Benefits

Documents and Forms

Regional Rates

Congrats!



The benefit of prioritizing your health and wellness at work goes far beyond boosting morale and team building.

The health and wellness programs offered by TRS-ActiveCare can help reduce stress, prevent illnesses and improve emotional and mental health. **The best part is... they're FUN!**

The winner of the fall TRS-ActiveCare Wellness Spotlight is...
Irving ISD!

Irving ISD's wellness team wasn't just walking the walk – they hit the ground running! In 2024 IISD worked hard to create a strong culture of wellness by:

- opening their Magda A. Hernandez Institute of Wellness and Professional Learning offering a **meditation and wellness room, well-being and fitness coordinators, exercise classes and professional learning spaces**
- hosting **monthly wellness social hours** spotlighting health and wellness resources and educational events on **women's health and family planning**
- coordinating annual **mobile mammogram screenings**
- planning an **annual benefits fair** to highlight wellness partners

They aren't stopping there! IISD worked closely with their [District Ambassador](#) at Blue Cross and Blue Shield of Texas and was awarded funding from BCBSTX to be the **very first Texas ISD to construct an outdoor fitness court.**

IISD is doing an incredible job advocating for the wellbeing of their workforce and the hard work is paying off! Thank you for being a great role model for wellness.





More about the Wellness Spotlight


We award the TRS-ActiveCare Wellness Spotlight to districts or Education Service Centers that:



- Earn or maintain a Worksite Wellness Award
- Have a current and active Employee Wellness Program
- Have a dynamic Employee Wellness Committee
- Offer ongoing wellness initiatives like Be Well Challenges, Wellness 5k events, health education events, TRS-ActiveCare Wellness campaigns, and health fairs
- Complete the OntheMark Culture and Environment Assessments or Onthemark Wellness Pulse Check Survey

For more information about wellness initiatives, contact:

Marissa Ryals
marissa_ryals@bcbstx.com
Senior Wellness Consultant
Blue Cross and Blue Shield of Texas

9:00





Toolkit

Coverage and Benefits

Documents and Forms


Regional Rates


Congrats!

The benefit of prioritizing your health and wellness at work goes far beyond boosting morale and team building.





The health and wellness programs offered by TRS-ActiveCare can help reduce stress, prevent illnesses and improve emotional and mental health. **The best part is... they're FUN!**

The winner of the fall TRS-ActiveCare Wellness Spotlight is...





www.bcbstx.com/trsactivecareba



Onthemark tool is owned by GuideWell, an independent company. Onthemark provides worksite consulting services for Blue Cross and Blue Shield of Texas. Onthemark and GuideWell are solely responsible for the products or services they provide.

Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

1001 E. Lookout Drive, Richardson, TX 75082

© Copyright 2025 Health Care Service Corporation. All Rights Reserved.
[Legal and Privacy](#) | [Update Your Preferences](#) | [Unsubscribe](#)
[View in Web Browser](#)