

# March Participant Emails

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

## Wellness Toolkit

If you live with attention deficit hyperactivity disorder, or ADHD, the symptoms can make life challenging. Your wellness toolkit includes resources to help participants reduce and control symptoms to make things easier.

[Get the Toolkit](#)

## Grocery Shopping on a Budget Wellness Webinar

Help your employees dive deeper into wellness with webinars created just for them!

Wednesday, March 25

Noon - 12:45 p.m.

5 - 5:45 p.m.

This presentation covers:

- nutrition basics
- reading nutrition labels
- how to shop for nutrient-dense foods
- resources available to participants

[Register Today!](#)

## Participant Emails this Month

### Women's Health

Talking about women's health can bring up feelings of embarrassment or anxiety for many participants. These emails cover the importance of getting a well-woman exam and ways to make the experience more comfortable and resources included in their TRS-ActiveCare plan 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](http://www.bcbstx.com/trsactivecareba)



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