

The TRS-ActiveCare Wellness Spotlight winner is...

TRS

TEACHER RETIREMENT SYSTEM OF TEXAS

ACTIVECARE

BlueCross BlueShield

of Texas

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 provided 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 winter TRS-ActiveCare Wellness Spotlight is...

Friendswood ISD!

Friendswood ISD is starting strong on their wellness journey. Hope Coburn and her team are working hard to create a culture of wellness by:



- hosting **wellness presentations**
- engaging over 100 employees in friendly competition with **Be Well activity challenges**
- offering on-site **blood pressure clinics**

They aren't stopping there! FISD 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

Interested in learning about the Wellness Spotlight and other programs available to you through TRS-ActiveCare? Work with your Senior Wellness Consultant, Marissa Ryals! She can help your district or Education Service Center:



- 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

Reach out Today!

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Blue Cross and Blue Shield of Texas

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The winner of the winter TRS-ActiveCare



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