

Congrats, La Porte ISD!



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 your mental health.

The winner of the winter TRS-ActiveCare Wellness Spotlight is... **La Porte ISD!**

We're feeling the ripple effect of wellness in La Porte, TX! They've worked hard (and FAST) to create a culture of wellness at their district by:

- creating a wellness committee
- hosting a blood pressure clinic for their transportation team
- offering mobile mammograms
- organizing their first Walk for Health
- inviting vendors, like [Airrosti](#) and Blue Cross and Blue Shield of Texas to help employees take advantage of and answer questions about their benefits on-site



They aren't stopping there! We're looking forward to what La Porte ISD has in store for 2026! 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 Wellness Pulse Check Survey

Reach out Today!

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Airrosti is a separate company that has contracted with Blue Cross and Blue Shield of Texas to provide back and joint pain resolution services for members with coverage through BCBSTX.

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