



[Toolkit](#)

[Coverage and Benefits](#)

[Documents and Forms](#)

[Regional Rates](#)

## May Participant Emails

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

### Wellness Toolkit

May is women's health month! Your wellness toolkit includes resources on starting a family, well-woman exams and cancer screenings.

[Get the Toolkit](#)

### Monthly Wellness Webinars

Help your employees dive deeper into wellness with webinars created just for them! These educational presentations will cover a new health and wellness topic every month.

#### Women's Way to Wellness

Wednesday, May 21	
Noon - 12:45 p.m.	5 p.m. - 5:45 p.m.

This presentation about Women's Way to Wellness will cover:

- screenings and immunizations
- women's health concerns
- wellness resources to help you stay healthy

**Register today and invite your employees!**

[Noon Webinar](#)

[5 p.m. Webinar](#)

### Participant Emails This Month

#### Summer Kickoff

Summer is coming! Whether they have their toes in the sand or are staycation-ing, participants need to know how to stay safe and healthy. This email covers, sunburns, skin checks, pool and firework safety and where to go for care!

#### Summer Health Checklist

Participants often have more flexibility over the summer. We'll remind them to catch up on preventive care like annual wellness exams and routine screenings while school's out!

[www.bcbstx.com/trsactivecareba](http://www.bcbstx.com/trsactivecareba)



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