

Easily accessible wellness info | view in [Web Browser](#)



Hello,

We want to make you aware of great resources you can use to educate your district's employees about important health topics. [Well onTarget® Health Kits](#) are no-cost, turnkey wellness campaigns. The themed, monthly Health Kits each include materials such as posters, recipes, games, videos, and podcasts to help facilitate fun workplace challenges that both motivate and inspire.

Topics include:

- Emotional health
- Nutrition and fitness
- Preventive health
- Smoking cessation
- And more

You can find a [library of Health Kits](#) on the Benefits Administrator website.

If you have any questions about using these Health Kits, please reach out to [Marissa Ryals](#), Blue Cross and Blue Shield of Texas' Senior Wellness Consultant.

Thank you again for all you do.

Sincerely,  
The TRS-ActiveCare Team

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

The Well onTarget program is offered to you as a part of your employer-sponsored benefits. Participation in the Well onTarget program, including the completion of a Health Assessment, is voluntary and you are not required to participate. Visit Well onTarget for complete details and terms and conditions.

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