



# District Digest for Employers

Hello, Benefits Administrator! Below you'll find information about your wellness toolkit and emails we're sending your employees this month.

## Wellness Toolkit

Sleep is your opportunity to re-charge every night. Skip it and everything glitches. Your wellness toolkit includes resources to help participants improve their sleep habits.

[Get the Toolkit](#)

## REMINDER: Personal Health Guides Have New Hours

Personal Health Guides will have new hours starting **May 28, 2026**. Blue Cross and Blue Shield of Texas reviewed customer service call trends and found very low usage rates before 6 a.m. or after 11 p.m. As a result, BCBSTX revised their live customer service hours. *Participants already got a notification about this change.*

**Beginning May 28, participants can call or chat with a PHG from 6 a.m. to 11 p.m., seven days a week.**

## TRS-ActiveCare 2026 Annual Enrollment Window Opens This Month

TRS ActiveCare Annual Enrollment opens earlier than usual this year. Here are the details.

- Annual Enrollment runs from **May 11 – Aug. 14**.
- Districts will choose a period within this window for their Annual Enrollment.
- New districts must hold a 31 day enrollment window.

**Watch for an invitation to upcoming Benefits Administrator trainings.** You can also share the "From A to Z" participant webinar information below with your employees:

- Wednesday, May 13
- Wednesday, May 27
- Wednesday, June 10
- Wednesday, June 24
- Wednesday, July 8
- Tuesday, July 21
- Wednesday, August 5

This webinar is designed to educate participants and those who are considering enrolling in a TRS-ActiveCare health plan with an overview of benefit coverage and resources for engagement and support.

[Register Now!](#)

## Better Sleep for Better Health Webinar

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

Wednesday, May 20	
8 - 8:45 a.m.	Noon - 12:45 p.m.

This presentation covers:

- how much sleep you need
- why quality sleep is important
- common sleep disorders
- tips for better sleep

[Register Today!](#)

## Employee Emails this Month

### 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 and how they can use their benefits to stay safe and healthy while school's out!

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



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