

The TRS-ActiveCare Wellness Spotlight winner is...

TRSACTIVECARE

BlueCross BlueShieldof Texas

Toolkit

Coverage and Benefits

Documents and Forms

Regional Rates

Congrats, ESC-11!

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 spring TRS-ActiveCare Wellness Spotlight is...

Education Service Center 11!

ESC-11 is shining as bright as the Texas sun! They collaborated with their Blue Cross and Blue Shield of Texas Sr. Wellness Consultant to complete an Onthemark Wellness Pulse Check Survey. They used the results as a roadmap to create a strong culture of wellness and:

- created their first **wellness committee and logo**
- hosted professional development wellness days with **onsite health education classes and resources**
- incorporated a **wellness initiative in their monthly newsletter**
- hosted an **annual benefits fair**
- invested in an **employee assistance program** to support employees and their families
- offered an annual **onsite vaccination clinic** for all ESC-11 staff
- had over 200 participants in their first **Be Well Challenge**

The future is looking even brighter at ESC-11 - they aren't slowing down! They've recently started **six-week challenges focused on important health initiatives** like:

- individual walking goals
- team walking competition
- food diaries and logging water intake

ESC-11 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!

Marissa Ryals, Senior Wellness Consultant  
[marissa\\_ryals@bcbstx.com](mailto:marissa_ryals@bcbstx.com)  
Blue Cross and Blue Shield of Texas

9:00

TRSACTIVECARE

BlueCross BlueShieldof Texas

Toolkit

Coverage and Benefits

Documents and Forms

Regional Rates

Congrats, ESC-11!

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



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



Onthemark tool is owned by GuideWell, an independent company. Onthemark provides worksite consulting services for Blue Cross and Blue Shield of Texas. Onthemark and GuideWell are solely responsible for the products or services they provide.

Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

1001 E. Lookout Drive, Richardson, TX 75082  
© Copyright 2025 Health Care Service Corporation. All Rights Reserved.  
[Legal and Privacy](#)  
[View in Web Browser](#)