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June Participant Emails

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

2024-25 Admin Guide

Want a printed copy of the 2025-26 Admin Guide? Request one below.

[Get the Guide](#)

Wellness Toolkit

June is men's health month! Your wellness toolkit includes resources on family planning, annual wellness exams, cancer screenings and other wellness tips for men.

[Get the Toolkit](#)

Monthly Wellness Webinar

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.

Wellness for Men

Wednesday, June 18

Noon - 12:45 p.m.

5 p.m. - 5:45 p.m.

This presentation about Men's Wellness will cover:

- screenings and immunizations
- men's top health concerns
- steps for good health
- health and wellness resources

Register today and invite your employees!

[Noon Webinar](#)

[5 p.m. Webinar](#)

Participant Emails This Month

Annual Enrollment is Coming

This email will inform participants of when Annual Enrollment will happen and a brief overview of what's new and what changed for each TRS-ActiveCare plan.

Do You Have the Right Plan?

Life can change a lot in a year! This email will provide a short summary of each TRS-ActiveCare plan to help them choose the best plan for themselves and their family. We'll also include links to resources they can use at any time during Annual Enrollment like videos, Health Care Costs Worksheet and Personal Health Guides.

www.bcbstx.com/trsactivecareba



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