

District Digest for Employers

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

TRS-ActiveCare Annual Enrollment

Annual Enrollment season is here, and this year it works a little differently. For starters, we're sure you noticed it began early and extends until August 14!

You may also be wondering why you're receiving more emails from us than usual during this Annual Enrollment – and what to expect over the next few months.

To make it easier for your employees to get the information they need and minimize confusion about TRS-ActiveCare Annual Enrollment dates, we're providing you with a series of emails – including a copy and paste section – you can send to them. Instructions are in each email!

You should already have received:

- our initial email with widespread information about Annual Enrollment, important dates and relevant links
- our webinar email, with information about upcoming A to Z participant enrollment webinars and a registration link

You can expect to receive:

- an email for employees with detailed TRS-ActiveCare plan information
- an email you can send when Annual Enrollment starts in your district
- an email to send when Annual Enrollment is about to end in your district
- an email that can go out during Annual Enrollment letting your employees know where to go for help choosing a plan and getting enrolled

We're happy to be a resource for you during Annual Enrollment – and beyond. Please let us know if there's anything we can do to assist you!

Wellness Toolkit

Your brain loves sugar, but only in the right amounts. Spikes and crashes can turn focus into brain fog fast. Your wellness toolkit includes resources to help participants manage their blood sugar to keep diabetes at bay and their brain in great shape.

[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.

Brain Health Webinar

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

Wednesday, June 24	
Noon - 12:45 p.m.	5 p.m. - 5:45 p.m.

This presentation covers:

- what brain health means
- why it's important
- how to keep your brain healthy

[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



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