



July Participant Emails

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

Wellness Tool kit

What do you call a sun burned librarian? ***Well-Read!*** Your wellness tool kit includes resources to help participants soak up the rays without the regrets.

Get the Tool kit

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.

Sun Safety

| Wednesday, July 16 | |
|--------------------|---------------|
| 8 - 8:45 a.m. | 5 - 5:45 p.m. |

This presentation about Sun Safety will cover:

- health risks of ultraviolet rays
- benefits of moderate sun exposure
- seeking shade, covering up and using sunscreen
- ABCDEs of skin cancer and self-exams

Register today and invite your employees!

8 a.m. Webinar

5 p.m. Webinar

Participant Emails This Month

Have You Enrolled Yet?

This email reminds participants that Annual Enrollment has started and provides them with links to resources like Annual Enrollment “How to” videos, Annual Enrollment Guide, Plan Highlights, Health Care Cost Worksheet and more.

From A to Z: Your TRS-ActiveCare Plan webinars

It's important to understand your benefits before you enroll in a health plan. This email will invite participants to join one of the From A to Z: Your TRS-ActiveCare Plan webinars. During the webinar, they'll learn about each plan, wellness benefits, ways to save and more. They'll also get to ask questions.

Targeted Emails

- **TRS-ActiveCare HD — Do You Have the Right Plan?**
 - provides an overview of the TRS-ActiveCare Primary plans, their benefits and the difference between them
- **TRS-ActiveCare Primary — Do You Need More Coverage?**
 - focuses on the difference between the TRS-ActiveCare Primary plans
 - explains how the TRS-ActiveCare Primary+ plan could be a better value if their family requires more coverage
- **TRS-ActiveCare Primary+ — Happy With Your TRS-ActiveCare Plan?**
 - provides them with an overview of what's changing for 2025-26
 - tells them how they can keep or change their plan