



District Digest for Employers

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

Wellness Toolkit

Whether it's sunburn, hidden skin damage or heat illness, the summer sun can trigger inflammation. Simple habits like sunscreen, hydration, and shade help keep that response in check. Your wellness toolkit includes resources to help participants protect their skin and help their body stay balanced and healthy.

Get the Toolkit

REMINDER: Personal Health Guides Have New Hours

Personal Health Guides' new hours started **May 28, 2026**. Participants can now call or chat with a PHG from **6 a.m. to 11 p.m., seven days a week**. The 24/7 Nurseline is still available after hours. Participants can call **1-833-968-1770** to speak to a health professional, anytime, day or night.

TRS-ActiveCare 2026 Annual Enrollment Window Open

As you know, TRS ActiveCare **Annual Enrollment started May 11 and runs through Aug. 14**. We have already sent you several emails with information you can share with your employees. **Be on the lookout for additional Annual Enrollment emails.**

You can also **share the "From A to Z" participant webinar information below with your employees**. This webinar is designed to educate current 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.

Remaining webinars include:

- Wednesday, July 8
- Monday, July 13 – Spanish
- Wednesday, July 15
- Tuesday, July 21
- Monday, August 3 – Spanish
- Wednesday, August 5

Get Annual Enrollment Info

Fighting Inflammation Webinar

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

Wednesday, July 29		
8 a.m. – 8:45 a.m.		Noon – 12:45 p.m.

This presentation covers:

- what inflammation is
- causes of inflammation
- managing inflammation

Register Today!

Employee Emails this Month

The Fitness Program

This email encourages participants to sign up for The Fitness Program. It offers a more detailed look at how the program works and the benefits of membership.