



August Participant Emails

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

Wellness Toolkit

Social media is a great tool to stay connected with friends and loved ones, but spending too much time on your phone can lead to anxiety, depression and exposure to graphic content. Your wellness tool kit includes resources to help participants find balance with technology and keep their kids safe on social media.

Get the Toolkit

Fitness Program Promotion

For a limited time, participants can join the Fitness Program with \$0 enrollment fee!¹

From August to October, participants and their covered dependents² can join *without paying the \$19 enrollment fee* using code **TRS2025**. Don't let them miss out on this great deal!

Spread the Word

¹Fitness Program enrollment fee is \$19.00 plus applicable sales tax.
²Offer available to residents of United States who are at least 18 years old who have benefits with a participating health plan. Purchaser must provide the coupon code above at sign-up to receive waiver of the \$19.00 enrollment fee. For pricing information visit Offer not available to family members (dependents age 16+ who are covered my member's health plan). Additional terms, conditions and limitations apply. See Program Agreement for details.

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.

The Power of Preventive Care

Wednesday, August 20	
8 - 8:45 a.m.	Noon - 12:45 p.m.

- This presentation about The Power of Preventive Care will cover:
- when to have screenings and immunizations
 - common health concerns
 - know your numbers - cholesterol and blood pressure
 - health and wellness resources

Register today and invite your employees!

8 a.m. Webinar

Noon Webinar

Participant Emails This Month

Annual Enrollment is Almost Over
We'll wrap up Annual Enrollment communications with an email to remind participants that Annual Enrollment is almost over and encourage them to pick a plan if they haven't already.

Last Chance for Annual Enrollment
We'll send this reminder to participants who didn't open the "Annual Enrollment is Almost Over" email.