



District Digest for Employers

Hello Benefit Administrator! Below you'll find important information about Annual Enrollment, the new plan year, your wellness toolkit and more!

Annual Enrollment Season Ending

Don't forget the TRS-ActiveCare Annual Enrollment window officially closes August 14. Your district's Annual Enrollment may already have ended. If not, you can use the copy/paste potion of the "Your Annual Enrollment Is Ending" email we sent you July 14 to alert your employees to their last chance to enroll.

See Enrollment Toolkit

Wellness Toolkit

It's almost time to return to class! Give your employees the best "shot" at staying healthy this school year. Your wellness toolkit includes resources to encourage participants to roll up their sleeves and get their recommended vaccines.

Get the Toolkit

Fitness Program August Special

Great news for your employees: The Fitness Program registration fee is waived for August. Now getting fit is even more rewarding!

Coming Soon! Exciting changes to Workplace Wellness

Starting **Sept. 1, 2026**, you'll have a new contact for TRS-ActiveCare wellness programs through Blue Cross and Blue Shield of Texas. New Wellness Coordinators are Subject Matter Experts in health and wellness who will work with you to facilitate your employee wellness strategy. They're your local "boots on the ground" to make wellness programs happen, helping with things like:

- on-site events, like blood pressure screenings, baby showers, etc.
- wellness fairs
- wellness campaigns and challenges
- program promotion and communications
- employee education on important health topics

Be on the lookout for more details soon.

Nutrition During Pregnancy

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

Wednesday, Aug. 26	
8 a.m. – 8:45 a.m.	5 p.m. – 5:45 p.m.

This presentation covers:

- important prenatal steps
- extra calories needed during pregnancy
- essential nutrients
- exercise dos and don'ts

Register Today!