



## What's Happening in September?

**Hello!** Below you'll find information about a new Wellness Spotlight program, where to find the TRS-ActiveCare team at the TASA/TASB convention and participant emails we're sending in September.

### TRS-ActiveCare Wellness Spotlight

We want to recognize YOU for your commitment to creating a healthier workplace. Every quarter, we'll award the TRS-ActiveCare Wellness Spotlight to districts or Education Service Centers that:

- Earn or maintain a Worksite Wellness Award
- Have a current and active Employee Wellness Program
- Have a dynamic Employee Wellness Committee
- Offer ongoing wellness initiatives like Walker Tracker Challenges, Wellness 5k, health education events, ActiveCare Wellness campaigns, health fairs or OntheMark Wellness Assessments

**Will your district be spotlighted?** Keep your eyes peeled! For more information about wellness initiatives, email Marissa Ryals at [marissa\\_ryals@cbstx.com](mailto:marissa_ryals@cbstx.com).

### TASA/TASB Conference

Are you attending the TASA/TASB Conference – txEDCON – this year?

- Visit booth 1705, which can be found on the [exhibitor map](#), to meet your District Ambassador.
- TRS is presenting Tuesday, Sept. 29 at 1p.m. in Room C2.

It's not too late to attend! [Register for the TASA/TASB conference today.](#)

### Emails to Participants this Month

#### Five Things that You Didn't Know are Part of Your Health Plan

This email reminds participants about benefits included in their plan, like:

- Wellness Coaching through Well onTarget®
- Rewards for wellness with Blue Points™
- Savings with Blue 365®
- Personal Health Guides
- Extra support for complex health issues from Health Advisors

#### New Plan Year Newsletter

This digital communication is about TRS-ActiveCare health plans and includes important coverage and wellness benefits information, savings tips, links to our new "How to" videos, and more. We'll send it around Sept. 15.

#### Post Annual Enrollment Videos are Up

Participants asked for more detailed information about how to use their coverage, and we listened. Now that the 2023-24 plan year is here, they'll have more than two dozen short, bite-sized "How to" videos that walk them through commonly asked questions and other useful coverage-related tasks!

#### How's Your Mental Health Check-in

As the school year ramps up, we want participants to know how to get care for their mental health. This email covers common mental health issues, the importance of practicing self-care and how they can get care in-person, virtually and digitally.

Thank you again for all you do,  
Your TRS-ActiveCare Team

[www.cbstx.com/trsactivecareba](http://www.cbstx.com/trsactivecareba)



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Blue Points Program Rules are subject to change without prior notice. See the Program Rules on the Well onTarget Member Wellness Portal at [wellontarget.com](http://wellontarget.com) for further information. The Well onTarget member rewards redemption service is provided by an independent third party.

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