



September Participant Emails

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

Wellness Tool kit

As we all go back to our normal routines after summer, children and teens may feel some added stress. It's normal to feel pressure to be liked or do well in school. However, it's important to know what to do if those feelings become more serious.

Get the Tool kit

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.

TRS Motion+ Pilot Program in Region 4

Is your district in Region 4 (Houston area)? Your employees have access to a NEW pilot program designed to improve outcomes for hip and knee replacements and cervical spine procedures.

Register for a short, lunch and learn webinar on September 30, 2025 to learn more about how you can help your employees save on certain procedures!

Register Today!

Monthly Wellness Webinar

Help your employees dive deeper into wellness with webinars created just for them! These educational presentations cover a new health and wellness topic every month.

Metabolic Syndrome

Wednesday, September 17	
7 – 7:45 a.m.	Noon – 12:45 p.m.

This presentation about Metabolic Syndrome will cover:

- overview of metabolic syndrome
- causes and risk factors
- lifestyle changes to reduce your risk

Register today and invite your employees!

7 a.m. Webinar

Noon Webinar

Participant Emails This Month

New Plan Year Newsletter

This communication covers everything participants need to know about their TRS-ActiveCare health plan. It includes important coverage and wellness benefits information, savings tips, links to our "How to" videos, and more.