



[Toolkit](#)

[Coverage and Benefits](#)

[Documents and Forms](#)

[Regional Rates](#)

Congrats,
Galena Park
ISD!



The benefit of prioritizing your health and wellness at work goes far beyond boosting morale and team building.

The health and wellness programs offered by TRS-ActiveCare can help reduce stress, prevent illnesses and improve emotional and mental health. **The best part is... they're FUN!**

The winner of the summer TRS-ActiveCare Wellness Spotlight is...

Galena Park ISD!

Galena Park is crushing high blood pressure in their district. They collaborated with their Blue Cross and Blue Shield of Texas Sr. Wellness Consultant to host blood pressure clinics across the ENTIRE district. These “pop-up” clinics brought awareness to the importance of your blood pressure and gave their employees the chance to ask questions about their health plan.



Galena Park is doing an incredible job advocating for the wellbeing of their workforce and the hard work is paying off! **Thank you for being a great role model for wellness.**

More about the Wellness Spotlight

Interested in learning about the Wellness Spotlight and other programs available to you through TRS-ActiveCare? Work with your Senior Wellness Consultant, Marissa Ryals! She can help your district or Education Service Center:



- 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 Be Well Challenges, Wellness 5k events, health education events, TRS-ActiveCare Wellness campaigns, and health fairs
- complete the OntheMark Culture and Environment Assessments or Onthemark Wellness Pulse Check Survey

Reach out Today!

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