



District Digest for Employers

Hello Benefits Administrator! Below you'll find information about your wellness toolkit and emails we're sending your employees this month.

Wellness Toolkit

Taking care of yourself isn't just a luxury, it's a game plan for living your best life. Your wellness toolkit includes resources to help your male employees find balance through healthy habits and preventive care.

[Get the Toolkit](#)

Wellness for Men Webinar

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

Monday, Sept. 21

- Noon - 12:45 p.m.

Wednesday, Sept. 23

- Noon - 12:45 p.m.

This presentation covers:

- screenings and immunizations
- men's health concerns
- healthy habits
- wellness resources

[Register Today!](#)

Employee Emails This Month

New Plan Year Newsletter

This communication covers everything your employees 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.

www.bcbstx.com/trsactivecareba



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The Fitness Program is provided by Tivity Health, an independent contractor which administers the Prime Network of fitness centers. The Prime Network is made up of independently-owned and managed fitness centers.

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