New beginnings look good on you. 😎



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

The health and wellness programs provided by TRS-ActiveCare can help reduce stress, prevent illnesses and improve your mental health.

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

Education Service Center 20!

ESC Region 20's dedication to wellness is the start of something great! Sandra Garza and Sarah Martinez are embracing new opportunities to create a culture of wellness by:



- completing an onthemark® Cultural and Environmental Assessment
- listening to employee feedback about their health and wellness goals
- working with their Wellness Coordinator to build and launch a wellness program from the ground up

This is just chapter one! ESC Region 20 plans to focus on promoting physical wellness, healthy eating, mental health and tobacco cessation as they continue their journey.

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 Wellness Coordinator! They 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 Wellness Pulse Check Survey

Reach out to your Benefits Administrator for more information about wellness initiatives on your campus!

www.bcbstx.com/trsactivecare

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