

The TRS-ActiveCare Wellness Spotlight winner is...



TRSACTIVECARE

TEACHER RETIREMENT SYSTEM OF TEXAS



BlueCross BlueShield of Texas

Plan Highlights

Doctor & Hospitals

Health and Wellbeing

Tools and Resources

Congrats!



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 emotional and mental health. **The best part is... they're FUN!**

The winner of the winter TRS-ActiveCare Wellness Spotlight is...
Friendswood ISD!



- hosting **wellness presentations**
- engaging over 100 employees in friendly competition with **Be Well activity challenges**
- offering on-site **blood pressure clinics**


They aren't stopping there! FISD 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

We 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 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



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The winner of the winter TRS-ActiveCare

