



**Plan Highlights** 

**Doctor & Hospitals** 



Health and Wellbeing Tools and Resources

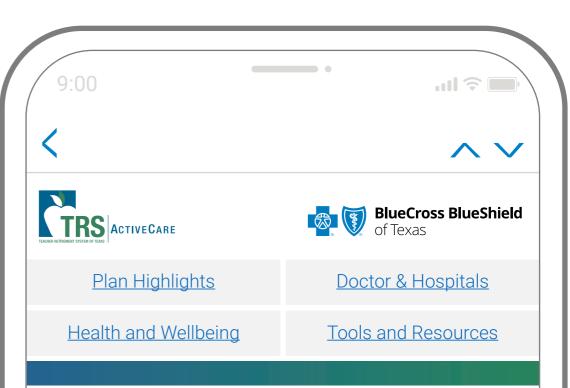


## The benefit of prioritizing your health and wellness at work goes far beyond boosting morale and team building.

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!

Friendswood ISD is starting strong on their wellness journey. Hope Coburn and her





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The winner of the winter TRS-ActiveCare

team are working hard to create a culture of wellness by:



- 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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