

# Congrats, La Porte ISD!



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 winter TRS-ActiveCare Wellness Spotlight is... **La Porte ISD!**

We're feeling the ripple effect of wellness in La Porte, TX! They've worked hard (and FAST) to create a culture of wellness at their district by:

- creating a wellness committee
- hosting a blood pressure clinic for their transportation team
- offering mobile mammograms
- organizing their first Walk for Health
- inviting vendors, like [Airrosti](#) and Blue Cross and Blue Shield of Texas to help employees take advantage of and answer questions about their benefits on-site



They aren't stopping there! We're looking forward to what La Porte ISD has in store for 2026! Thank you for being a great role model for wellness.

### More about the Wellness Spotlight

We award the 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 Wellness Pulse Check Survey

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

[www.bcbstx.com/trsactivecare](http://www.bcbstx.com/trsactivecare)



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