

Congrats, Education Service Center 19!



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 spring TRS-ActiveCare Wellness Spotlight is... **Education Service Center 19!**

ESC-Region 19's dedication to wellness is turning into homeruns! They've stepped up to the plate to create a culture of wellness by:

- hosting their first community event, a Make A Wish Walk, and earned an award for top-fundraising team
- highlighting wellness resources at employee orientations
- making stretching, mental health and gratitude exercises part of department meetings
- creating a wellness committee that meets monthly to plan how to encourage wellness on their campus
- making time for team building and employee appreciation during staff development days
- hosting a wellness kick-off event with 200 employees in attendance to highlight the importance of wellness and their commitment to their employees' wellbeing



ESC-Region 19 is just warming up! They'll be launching a wellness webpage, creating a calendar of wellness events and working to incorporate more educational opportunities and wellness activities for employees.

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



BCBSTX makes no endorsement, representations or warranties regarding third-party vendors and the products and services offered by them.

Onthemark tool is owned by GuideWell, an independent company. Onthemark provides worksite consulting services for Blue Cross and Blue Shield of Texas. Onthemark and GuideWell are solely responsible for the products or services they provide.

Image(s) may have been created or enhanced using artificial intelligence tools.

Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation,
a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

1001 E. Lookout Drive, Richardson, TX 75082
© 2026 Health Care Service Corporation. All Rights Reserved.
[Legal and Privacy](#) | [Update Your Preferences](#) | [Unsubscribe](#)
[View in Web Browser](#)