

Keep in touch!

<u>This</u> is when and how you can reach TRS and Blue Cross and Blue Shield of Texas this summer.

You're the best!

You're the reason we make wellness a priority, so here's a <u>reminder</u> to use those wellness benefits included in your plan!

Have a great summer!

Make sure you <u>know</u> <u>where to go</u> when you need to be seen over the summer. (And remember Freestanding ERs are NOT your friends!)

Stay cool!

Check out <u>these tips</u> for staying hydrated and sun safe – and pool and fireworks safe, too.

Let's work out

See you next year!

But before then, do you need to catch up on preventive care? See a specialist? Have an annual exam? Here's a <u>shortcut</u> to finding a provider and making an appointment.

together this summer!

<u>The Fitness Program</u> makes it easy to get fit with friends and family. The summer is also the perfect time to work with a Health Coach – for free!

Safe travels!

Be sure you know how to get care when you're in another state or out of the country. In the meantime, here's a <u>direct link</u> to some

resources you might need

this summer.

Here's to the memories!

Can't wait to make more next year.

Thanks for a great year! Love, TRS

www.bcbstx.com/trsactivecare

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