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2025-26

Yearbook

Check in!



Keep in touch!

This 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 reminder to use those wellness benefits included in your plan!

Have a great summer!

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

Stay cool!

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

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 shortcut to finding a provider and making an appointment.

Let’s work out together this summer!

The Fitness Program 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 direct link 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