

# September participant emails

Hello!

Below you'll find information about your wellness toolkit, "how-to" videos and participant emails we're sending this month!

## TASA/TASB Conference

Are you attending the TASA/TASB Conference – txEDCON24 – this year? Visit booth 909 to meet your District Ambassador!

**It's not too late to attend!** [Register for the TASA/TASB conference today.](#)

## NEW "How To" Videos are Here

Participants loved these short, bite-sized videos last year. So, we've added more to help them make the most of their coverage. New topics include "How to":

- Get fertility support
- Use your maternity benefits
- Find a pediatrician
- Get breastfeeding support
- Get a mammogram, colonoscopy, MRI or CT scan
- Find a specialist
- Get claims information
- Check your copay and deductible
- Work with a nutritionist or dietician for free
- Stop smoking for free
- Manage your stress for free
- Improve your cholesterol for free

## Walker Tracker Challenge

Start the new school year with a new way to keep your employees engaged with their health and wellness. A Walker Tracker Challenge is a customizable step and activity competition that engages your employees in health activities. You can set goals specifically for your district and even choose fun themes.

[Learn More](#)

## Wellness Toolkits

It's never too late (or too early) to start preparing for your financial future! Your Wellness Toolkit includes resources on wellness coaching and financial wellbeing.

[Get the Toolkit](#)

## Participant Emails This Month

### New Plan Year Newsletter

This communication covers everything participants need to know about their TRS-ActiveCare health plan. It includes important coverage and wellness benefits information, savings tips, links to our "How to" videos, and more.

Thank you again for all you do,  
Your TRS-ActiveCare Team

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



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