

October participant emails

Hello!

Below you'll find information about your wellness toolkit and participant emails we're sending this month!

Wellness Toolkits

Think Pink! October is Breast Cancer Awareness month. Your Wellness Toolkit includes resources on screening for breast cancer, reducing your risk for cancer and staying healthy with the fitness program.

[Get the Toolkit](#)

Participant Emails This Month

Cancer Screening

This email will remind participants about the importance of cancer screenings and preventive care. We'll target them by age and gender.

For participants under 40, we'll focus on:

- cancer in younger adults
- early signs of cancer
- covered cancer screenings
- how to self-screen for cancer

For participants 40 and over, we'll cover:

- common cancer myths
- covered cancer screenings
- how to get a mammogram or colonoscopy
- how to self-screen for cancer

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

www.bcbstx.com/trsactivecareba



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