



November Participant Emails

Hello!

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

Wellness Toolkit

November is Diabetes Awareness month. Your Wellness Toolkit includes resources on living with diabetes, prediabetes and saving money with the Blue365[®] discount program.

[Get the Toolkit](#)

Participant Emails this Month

Give Us Your Number

We'll send this email to participants who don't have a phone number on file. It'll include information about the kinds of text messages they'll receive and how to opt in.

Pay Attention to Texts

Once they've opted in to receive texts, we'll let participants know it's really us (i.e., it's not spam!) sending them important plan information. We'll also include instructions on how to opt in for text messages.

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

www.bcbstx.com/trsactivecareba



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