

Overview of participant communications and more



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December Participant Emails

Happy Holidays from your friends at TRS and Blue Cross and Blue Shield of Texas! We bring good tidings, 2024-25 TRS-ActiveCare Resource Guides and cheer!

Holiday Hours

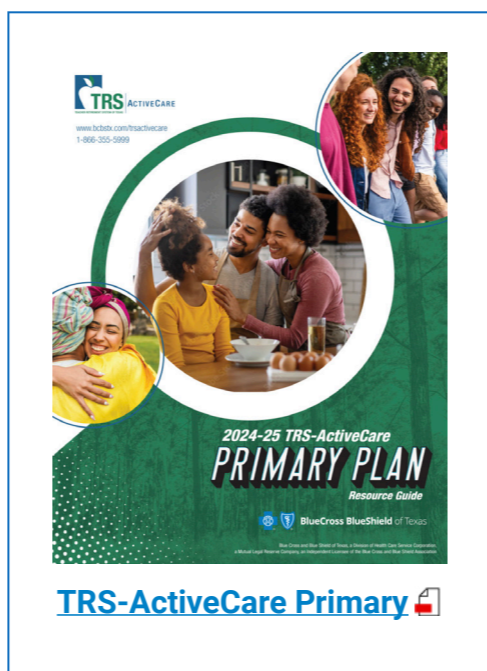
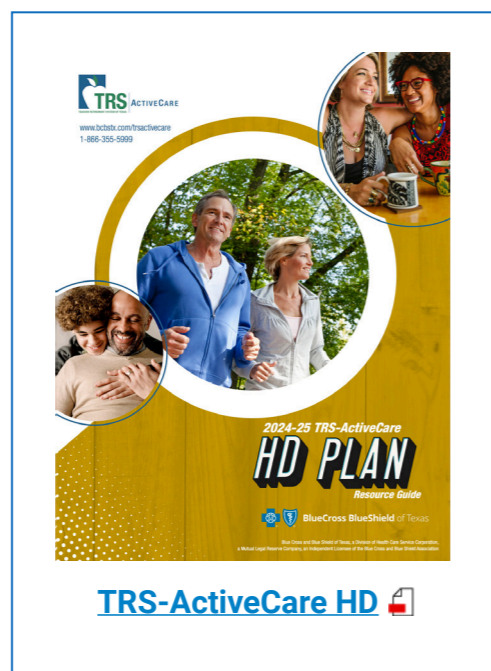
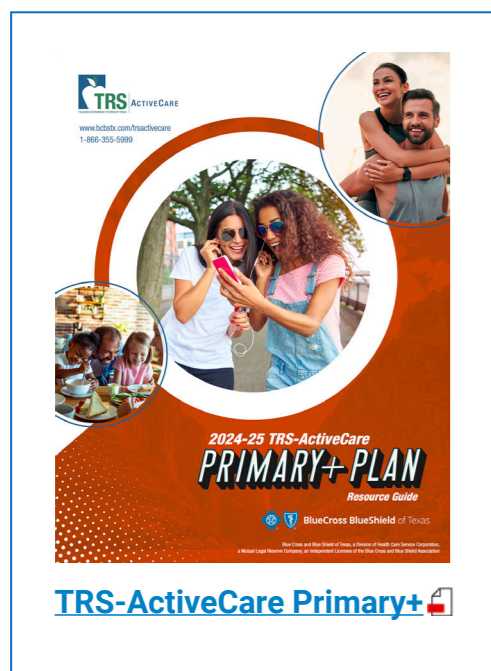
BCBSTX is closed:	TRS is closed:
<ul style="list-style-type: none"> • Wednesday, Dec. 25 	<ul style="list-style-type: none"> • Monday, Dec. 23 – Thursday, Dec. 26
<ul style="list-style-type: none"> • Wednesday, Jan. 1 	<ul style="list-style-type: none"> • Tuesday, Dec. 31 – Wednesday, Jan. 1

Personal Health Guides are unavailable on **BCBSTX** holidays. However, the 24/7 Nurseline is open 365 days a year. Participants can call **1-833-968-1770** day or night for help with non-urgent conditions or to find out where to go for care.

Resource Guides

Resource Guides are here! They're full of helpful information about TRS-ActiveCare benefits. Participants can find details about wellness programs and valuable tips for saving time and money while managing their health. They're available online for all participants. New TRS-ActiveCare participants and those who switched plans will get a printed copy in the mail soon.

Get the Guides



Wellness Toolkit

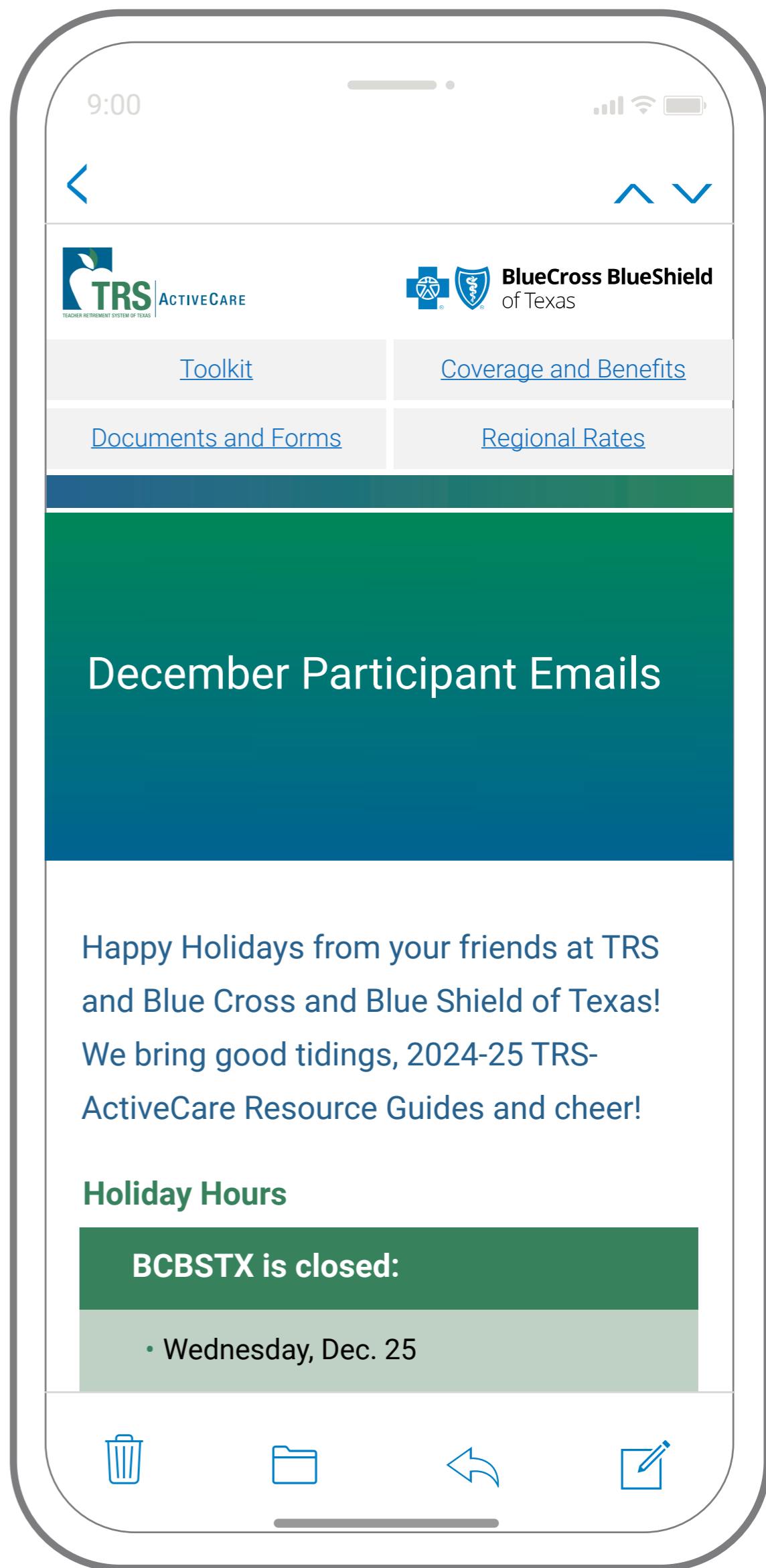
December is full of holiday cheer, comfort food and added stress. Your Wellness Toolkit includes resources on healthy eating and keeping the holidays stress-free.

[Get the Toolkit](#)

Participant Emails This Month

Holiday Guide

This email includes everything participants will need to know this holiday season including holiday hours, resource guides, where to go for care reminders and resources for their mental health.



www.bcbstx.com/trsactivecareba



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