

April participant emails

Hello!

Below you'll find information about ordering your copy of the 2024-25 Admin Guide, your wellness toolkit, and participant emails we're sending this month!

2024-25 Admin Guide

Want a printed copy of the 2024-25 Admin Guide? Request one below.

[Get the Guide](#)

Wellness Toolkits

Spring has sprung! This time of year brings beautiful weather, longer days and fresh perspectives! Your Wellness Toolkit includes resources with tips on dealing with depression, being resilient and information on Learn to Live, a digital mental health program available at no cost to participants.

[Access the Toolkit](#)

Participant Email this Month

Mental Health Round-up

This month, we'll send participants a comprehensive guide they can refer to about getting help for their mental health and the resources available through their TRS-ActiveCare plan. Topics include:

- Is it bad enough to get help? How to know.
- Overcoming the stigma of mental health care.
- Not everyone needs medication.
- Is everyone anxious or depressed?
- 5 signs a loved one needs help.
- Do you have anxiety?
- 4 easy ways to find a therapist.
- Salmon, spinach and more foods that can boost your mental health.

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

www.bcbstx.com/trsactivecareba



Learn to Live provides educational behavioral health programs. Members considering further medical treatment should consult with a physician. Learn to Live, Inc. is an independent company that provides online behavioral health programs and tools for members with coverage through Blue Cross and Blue Shield of Texas. BCBSTX makes no endorsement, representations or warranties regarding third-party vendors and the products and services offered by them.

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