

# May participant emails

Hello!

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

## Wellness Toolkits

Summer break is almost here! Your Wellness Toolkit includes resources on spotting signs of skin cancer, health coaching with Well onTarget® and the benefits of walking to help your employees keep their health in mind as they plan summer vacations!

[Get the Toolkit](#)

## Emails to Participants this Month

### Value of a PCP

This email reminds participants of the importance of having a Primary Care Provider and getting an annual wellness exam. We'll send it to your employees who are new to TRS-ActiveCare and those who haven't seen their PCP in the last 18 months.

### Safe Summer

We'll send two emails to participants about how they can have a fun AND safe summer this year! The first email is about checking preventive care, like annual wellness exams, off their to-do list, the importance of skin checks and how to care for sunburns. The second email is a reminder about where to go for care this summer.

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

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



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