

# June participant emails

Hello!

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

## Wellness Toolkits

TRS-ActiveCare has your back... and your neck and hips! Your Wellness Toolkit includes resources on preventing back injuries, why healthy hips are good for the whole body and information on how employees can get rewards for participating in healthy activities!

[Get the Toolkit](#)

## Emails to Participants this Month

### Annual Enrollment is Coming

This email will inform participants of when Annual Enrollment will happen and a brief overview of what's new and what changed for each TRS-ActiveCare plan.

### Do You Have the Right Plan?

Life can change a lot in a year! This email will provide a short summary of each TRS-ActiveCare plan to help them choose the best plan for themselves and their family. We'll also include links to resources they can use at any time during Annual Enrollment like videos, Health Care Costs Worksheet and Personal Health Guides.

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

[bcbstx.com/trsactivecareba](https://bcbstx.com/trsactivecareba)



Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation,  
a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

1001 E. Lookout Drive, Richardson, TX 75082

© Copyright 2024 Health Care Service Corporation. All Rights Reserved.

[Legal and Privacy](#) | [Non-Discrimination Notice](#) | [Language Assistance](#) | [Update Your Preferences](#) | [Unsubscribe](#)

view in [Web Browser](#)