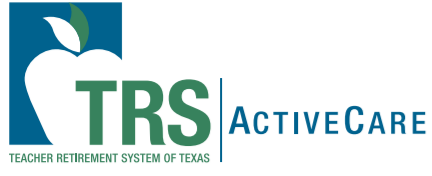


The TRS-ActiveCare Wellness Spotlight winner is...



[Coverage and Benefits](#)

[Doctors and Hospitals](#)

[Health and Wellbeing](#)

[Tools and Resources](#)

# Congrats!



## The benefit of prioritizing your health and wellness at work goes far beyond boosting morale and team building.

The health and wellness programs offered by TRS-ActiveCare can help reduce stress, prevent illnesses and improve emotional and mental health. **The best part is... they're FUN!**

The winner of the summer TRS-ActiveCare Wellness Spotlight is...  
**Education Service Center One!**

Cynthia Rocha, MBA is making waves in ESC-Region 1 in her role as a Benefits Specialist by partnering with a Blue Cross and Blue Shield of Texas wellness consultant to complete the Onthemark Culture and Environment Assessment and the Be Well (formerly Walker Tracker) Program.

**After completing the Onthemark Assessment, ESC-Region 1's leadership used the report to create a strong culture of wellness by:**

- developing a wellness committee
- remodeling and adding TWO more mother's/nursing Rooms
- sending a weekly newsletter highlighting wellness and wellness resources
- hosting monthly wellness events for all employees
- offering healthier options in their vending machines

ESC-Region 1 is doing an awesome job advocating for the wellbeing of their workforce and the hard work is paying off! Thank you for being a great role model for wellness.

### More about the Wellness Spotlight

We award the TRS-ActiveCare Wellness Spotlight to districts or Education Service Centers that:



- Earn or maintain a worksite wellness award
- Have a current and active employee wellness program
- Have a dynamic employee wellness committee
- Offer ongoing wellness initiatives like Be Well Challenges, wellness 5k events, health education events, TRS-ActiveCare wellness campaigns or health fairs
- Complete the Onthemark Culture and Environment Assessments or Onthemark Wellness Pulse Check Survey

For more information about wellness initiatives, contact:

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