Employee Wellness

December Newsletter

Benefits Spotlight

💻 **TRS Virtual Health**

Care that comes to you... anytime, anywhere! Quick, easy, and from the comfort of your home or on the go!

Skip the waiting rooms and traffic. **Get 24/7 virtual medical and mental health care** for colds, flu, allergies, sore throat, headaches & more, plus virtual visits with prescriptions sent straight to your pharmacy.

🩺 **Teladoc**

- $12 for TRS Primary, Primary+, and TRS2
- $42 ActiveCare HD, $55 family non-members
- Mental Health (13+): $0 TRS Primary, Primary+, TRS2
- ActiveCare HD 30% after deductible

💊 **RediMD**

- $0 for TRS Primary, Primary+, and TRS2
- $30 ACHD, $35 (family non-members, code TRS35)

Registration & Contact:

- www.teladoc.com/trsactivecare
  1-855-835-2362
- www.redimd.com/trsactivecare
  1-855-942-4900 (code:trsactivecare)

🍎 Fruit Challenge 🍌

From December 1–15, fuel your body with at least three servings of fruit each day. Log your daily servings using the form below, and you'll be entered to win a prize! One lucky participant will be announced in January and will receive a gift certificate for 6 free adjustments at The Joint.🍇

https://forms.gle/6iPHiBTIvCpwEo4b7

HEALTHY TIP

Eating fruit provides your body with vitamins, minerals, and fiber that support your overall health and energy. To reach the recommended daily amount, try adding fruit to your breakfast, packing a piece for a snack, or choosing fruit-based desserts. Keeping washed and ready-to-eat fruit visible on the counter or at eye level in the fridge also makes it easier to choose fruit throughout the day.

HEALTHY RECIPE

View the video in the link or QR code below to learn about 10 low-carb meals you can swap for the fall. For example, you can swap out lasagna noodles with eggplant or zucchini flats!

https://tinyurl.com/2rr8jj2e

CHALLENGE WINNER

Juan Mata from Teaching and Learning is the November Mental Health Challenge winner. He won a 30-day free trial to Gold's Gym.

