Employee Wellness

April Newsletter

Benefits Spotlight

Airrosti Remote Recovery

Stay active this spring without the aches. Your TRS plan includes virtual 1:1 care to help reduce pain, improve mobility, and recover faster **from home**.

You might benefit if you:

- Are moving around campus & feeling it in your hip or knees
- Spend long hours at a desk and feel stiff
- Feel tight, even when nothing hurts

What You Pay:

- TRS-ActiveCare Primary, Primary+, & TRS 2: $0
- TRS-ActiveCare HD: $0 after deductible

Free Monthly Webinars

Learn simple ways to manage muscle and joint pain
Upcoming: 4/16/26 – Carpal Tunnel

Get Started
Call 800-404-6050
Visit airrosti.com/trs/

Scan QR code to book your virtual visit or register for monthly free webinars.

April Exercise Challenge

The Exercise Challenge kicks off April 1st and runs through April 23rd! Stay active for at least 30 minutes a day, log your workouts using the form below, and you'll be entered to win a one-month pass to Body Fit Training. Let's get moving and make fitness fun!

https://forms.gle/MdcxNrQv616HwPw49

HEALTHY TIP

Exercise daily by choosing activities you enjoy, such as walking, biking, or playing sports, and aim for at least 30 minutes each day. Regular physical activity helps improve heart health, build strength, boost energy levels, and support a healthy weight. Staying active can also reduce stress, improve mood, and help you feel more focused throughout the day.

HEALTHY RECIPE

Open the link below to discover six simple, low-stress dinner recipes. These recipes are designed to save you time while still helping you prepare delicious, balanced meals for you and your family.

https://tinyurl.com/28acpa3d

CHALLENGE WINNER

Glenn Russel the Science Coordinator in Teaching and Learning won the March Sleep Challenge! His prize is a $50 Cabo Bob's gift card.

