

Hello [Team/Employees],

This November, join us for two wellness series designed to support your health goals!

Men's Health Master Class Series

In honor of Men's Health Month, BlueCross and BlueShield of Texas has prepared a 3-part series featuring medical professionals who will share essential tips for men's health:

Thursdays from 10-11 a.m. CST in MS Teams

- **Nov 7: Preventive Health 101** – Key screenings, exams, and proactive habits. [Event Link](#)
- **Nov 14: Mental Health, Stress & Injury** – Strategies for managing stress, mental health, and injury prevention. [Event Link](#)
- **Nov 21: Heart Healthy Men** – Learn critical heart health numbers and resources. [Event Link](#)

Find details and save meetings to your calendar through the [ERS Wellness Events Calendar!](#)

Benefit Highlight Sessions

Learn to access great care through these quick, 30-minute sessions:

- **Nov 6: Hello Heart** – Tools to monitor and manage heart health. [Registration Link](#)
- **Nov 13: Learn to Live** – Resources for managing stress and mental well-being. [Registration Link](#)
- **Nov 20: Hinge Health** – Personalized care for chronic pain and musculoskeletal health. [Registration Link](#)

For questions, please reach out. See you there!

Sincerely,

Your Signature