



## **Board of Trustees**

### **Messages from the Board**

What does being healthy really mean?

As a board, we are always looking for new ways to help our fellow teachers stay healthy.

Teachers know of course what is healthy and what is not. I remember sitting through several classes with my students hearing the presentation of how to be healthy, but when it comes to teachers, it's really all about time. How do you eat healthy when you have papers to review, IEPs to attend, lesson plans to write, tests to grade, especially this time of year with grades and finals? It's tough to stay healthy in today's fast food, junk food, processed food world.

As we work on teaming up with WELLHEALTH and our hospitals and doctors, our goal is to educate the educator on being healthy. We're using innovative ways to make the transition to healthier living easier. Bringing aboard WELLHEALTH and our new CEO has been one approach to bring about better health and healthcare for teachers and their families. As healthcare costs continue to rise, we have to adapt to make sure those costs have a minimal effect on our wallets. Living healthier is one way we can all save money.

As we move forward, we ask that you be patient as we transition to a better healthcare delivery system -- a system that will support healthier lifestyle training for all of us. Though the transition has been hard for some, we are striving with our partners to ease the hassle and confusion as we move forward with our new plan.

Please remember, everyone on the Teachers Health Trust Board of Trustees is also a teacher with the same issues and concerns you have. We are all affected by these changes, but we are constantly working to make sure problems are being addressed as quickly as possible.

If you have thoughts, ideas, suggestions or comments relating to the important benefits being offered, please feel free to reach out to your board via the Trusts service team. Remember also to go to [teachershealthtrust.org](http://teachershealthtrust.org) for continual updates and important notices throughout the summer season and beyond.

The Teachers Health Trust Board of Trustees appreciates your continued support as we work to make our insurance and our profession the healthiest and the best it can be.

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Teachers Health Trust