

## Annual Enrollment – Week 1

# Health Engagement Experience Event

**Week 1** of Annual Enrollment is a Health Engagement Experience event.

Take an interactive wellness journey through our various health stations to learn more about preventing and managing chronic disease. There will be health assessments, activities, resources and giveaways, as well as cooking demos with food samples.

### Topics include:

#### Texas Children's benefits

- Enrolment assistance and support

#### Lighten your load: healthy weight healthy life

- Inbody assessment

#### Heart strong: control the pressure, protect your heart

- Blood pressure checks

#### Stay sharp with sugar smarts

- A1c testing

#### Feel to heal your mental health matters

- Phq-9 questionnaire

#### Fuel right, feel bright

- Teaching kitchen and healthy food samples

#### Cigna resources



Scan the QR code to  
pre-register for the event.

For questions or help, contact [wellbeing@texaschildrens.org](mailto:wellbeing@texaschildrens.org)