
On-the-go health info

Sign up for mobile messaging

Text messages are a great way to keep up with kids, friends and appointments. And now they can help you stay on top of your health.

Is it time for your annual checkup? How can you avoid catching colds? Are you missing out on health and fitness discounts?

Sign up for mobile messages to get benefits information, health and wellness reminders and cost-saving tips.

Mobile messaging is completely optional, but we encourage you to sign up! It's a simple and secure way to get information you can use.

It's easy to sign up!
Call 888-596-0720 or
text "TCC Connect" to 735-29
from your mobile phone today.

