



October 10, 2023

**We Are  
Your Voice**

Dear Foodservice Industry Colleague:

I write today humbled by all that our industry has achieved because of the people who call it home. From front-line employees to managers, operators, and owners, we would not be where we are right now without the tireless service of our people. In that vein, **with today being World Mental Health Day, I want to share some important news and a call to action with you before they become public.**

As an industry, we've endured over three years of unprecedented challenges, triumphs, and anxiety. The data underscores that this has taken a toll on our wellbeing, with over 70% of restaurant workers reporting high levels of stress and burnout, and nearly one-third reporting symptoms of depression. I believe that we are at an inflection point, and now is the time to take a bold stand so that we can protect and grow our industry's most valuable asset—our people.

Accessing healthcare has always been a challenge for our industry as workers often face unaffordable premiums or don't qualify for insurance coverage due to part-time status, and operators struggle to provide the best benefits in a thin-margin environment. I know you want to help your employees, but it's often difficult to plug into a system created for large companies with a wealth of resources.

We do not have time to wait for change; we can create change within our own industry. To that end, I want to highlight a new, revolutionary solution—[HealthiestYou by Teladoc](#)—that we're adding to the stackable tools in the TRA's [Health & Wellness Center](#).

Thanks to our Teladoc partnership, we can provide our members with **unlimited virtual medical and mental healthcare visits for an employee and their entire household for \$9 a month with no copays, deductibles, or coinsurance** (normally over \$49 a month). And best of all, it's available to all foodservice businesses with two or more enrollees and all employees whether they're full- or part-time. In short, you can take action today by enrolling in an industry-specific solution that delivers affordable mental and physical healthcare to every member of your team.

This is just the start of our commitment; we're working on even more solutions that we hope to unveil to you soon. In the meantime, [please reach out](#) if you have questions or suggestions on how we can work together to prioritize employee wellbeing in our industry.

I remain honored to serve you and this industry. **Please join this movement by enrolling your business in HealthiestYou by Teladoc today.**

Sincerely,

Emily Williams Knight, Ed.D.

President & CEO

Texas Restaurant Association and Texas Restaurant Foundation

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