

February is the Heart Disease Month Awareness

UISD Community Wellness Tips



Every month we receive e-mails from different departments and campuses sharing their ideas to start or continue on their wellness path. The C&I department shared ideas on how to do a quick 5 minute yoga session sitting at your own desk. See the [guide](#) then watch [part 1](#) & [part 2](#) of the video series.

Did You Know?

Did You Know that there are more than 10 different features in your BCBSTX Health Benefit Plan? For example BCBSTX offers [24/7 Nurse Line](#) for health related questions for you or your covered family members.

Also last month, we promoted [Special Beginnings](#), a program aimed towards those employees who are expecting a new member in their lives. The program's goal is to guide you and to also provide answers to common questions or concerns when expecting a baby.

Tobacco use can raise your chance of getting cancer, that

is why there is a **Tobacco Cessation Program** to help you break the habit. [Create a BCBSTX](#) log in and learn more there!

[Condition Management](#) is a program for members who have chronic conditions like asthma, diabetes, or low back pain. The program aims to help you manage your condition for a better tomorrow.

As you know [BVA](#) and [Member Rewards](#) are features that are part of BCBSTX plan. Please head over to [Benefits Department Website](#) to learn more and find out what you have been missing.

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Editorial: It's our sixth issue and the Wellness Program shows no sign of slowing down. We look forward to officially launching our new program with Airrosti. The goal of the program is to provide on-site consultation to UISD employees with muscular pain. This is only one of the new initiatives; however, more programs will be revealed as the year passes. See you next month! Stay healthy!

In this issue:

- Pictures of the Zumba and Healthy Wage Event.
- Learn important information regarding BCBSTX features.
- UISD Wellness Tips new section for the newsletter for those who want to spread the Wellness word!

Healthy Wage Event



On Saturday January 26th, we held a Healthy Wage kick off weigh-in event at 8800 McPherson Rd. From 8:00 AM to 12:00 PM employees, family, and friends were able to sign-up and register their first official weigh-in. More than 22 persons took advantage of this event. We have around 125 participants which translates into 25 Teams from the District. May the hardest working team win! We also want give a high five to Irene Rosales, UISD



Health Services Director, and the UISD Nurses along with our Wellness Coordinator Michelle Vaughn-Silva for doing onsite weigh-ins at this event and around the district.

Wellness Committee: Laida Benavides, Lauren Cavazos, Ofelia Dominguez, Cordelia Flores-Jackson, Abraham Hernandez, Irene Rosales, & Michelle Vaughn-Silva. E-mail: wellness@uisd.net or employeehealth@uisd.net

Thanks For Participating in the Zumba Event!

Zumba Class 2019



More than 95 participants joined the Zumba class this past January 26th. Employees, family and friends from all over the district gathered at the gym to put their best moves and energy. We want to thank you for your support and dedication. Thanks to your participation, the event continues to be a successful fundraiser for Scholars. See you in 2020!





United Independent School District

The Path For A Better Self Starts Here!



UISD Goes Red!



Risk Management



Special Ed. Goes Red

On the first Friday of every February, which is designated as American Heart Month, the nation comes together, igniting a wave of red from coast to coast. From landmarks to news anchors and neighborhoods to online communities; this annual groundswell unites millions of people for a common goal: the eradication of heart disease and stroke.



InBody & Healthy Wage!



As part of the UISD Wellness Program, we just received an Inbody Machine. In less than 60 seconds, the InBody machine not only examines the composition of your body, but also reveals percentage of body fat, muscle distribution, and body water balance. The InBody machine is the perfect device to also keep track of your weight. Make sure to book your appointment with our Wellness Coordinator Michelle Vaughn-Silva to get a full report of you body weight. For more information. Reach Michelle at ext 6416 or at her [E-mail](#).



Facilities Goes Red



Wellness Committee: Laida Benavides, Lauren Cavazos, Ofelia Dominguez, Cordelia Flores-Jackson, Abraham Hernandez, Irene Rosales, & Michelle Vaughn-Silva. E-mail: wellness@uisd.net or employee wellness@uisd.net