



# UISD Wellness Newsletter

The path for a better self starts here

## In November we recognize the fight against Diabetes & Lung Cancer!

### Diabetes 101!

Volume 1, Issue 2, 11/5/2018



The American Diabetes Association is dedicated to “prevent and cure diabetes and to improve the lives of all people affected by diabetes.” More than a million volunteers are ready to provide their experience and knowledge. They provide detailed information on Type 1 and Type 2 Diabetes including symptoms, prevention, and much more. [See details.](#)

### Raise Awareness- get yourself checked!

**14<sup>th</sup>**  
**NOVEMBER**  
WORLD DIABETES DAY

Last month we announced Catapult was here to stay for the rest of the year. At UISD, we want to keep the wellness conversation going even if we are out for the holidays. Visit the [wellness calendar](#) to see all the upcoming Catapult dates and do not forget to visit the [patient scheduler](#) to register for a checkup!



**NOTICE: Catapult is only for UISD employees who are actively enrolled in one of our health plans with BCBSTX.**

### We are still recruiting Wellness Champions!

The Employee Wellness program needs a Champion from each Department /Campus who will be willing to participate as a Wellness leader for their respective campus/department.

As a Wellness Champion, you will have the opportunity to keep your coworker on a Wellness path for a better, healthy life. Your input will make a difference. For more information [visit this link](#). If you are interested, do not hesitate to contact us at: [wellness@uisd.net](mailto:wellness@uisd.net) or at [employeehealth@uisd.net](mailto:employeehealth@uisd.net).

Editorial: November is here and so are the Holidays. We hope you are ready to enjoy some well deserved time off with your family and friends. This month's issue is packed with information about Diabetes and tips on flu prevention. Winter is coming soon and so it's good to be prepared. Make sure to take advantage of all the tips that we share with you to stay ahead of the game including [this healthy recipe](#) for your Thanksgiving dinner!

Have a Happy Thanksgiving with family and friends!

Stay Healthy!

See you Next Month!

### Wellness Prizes

In case you missed the Wellness Kick Off Event at Central Office, we want to let you know that for every 25 points you attain through the Wellness Program your name will be entered into a drawing to win one of the [following prizes](#). Please visit the Risk Management website for information on the Wellness Program!

### We want to recognize a true warrior!

### Free Glucose Meters are Available to You!

BCBSTX is offering you a choice of blood glucose meters for no additional cost for a limited time to help you manage your condition. This offer is available through December 31, 2018.

[For more Information visit here!](#)

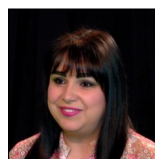


**NOTICE: This promotion is only for UISD employees who are actively enrolled in one of our health plans with BCBSTX.**

### Preventive Flu Course 101!



Winter is coming! Get ready for weather changes and also the flu. The U.S. Department of Human Health and Services has tips to prevent flu diseases. [See more details!](#)



In 2012, Jessica Martinez's son, Sebastian, was diagnosed with Type 1 Diabetes. At the time, he was in 5th Grade. Six years later, Sebastian is a healthy young man with a bright future. We want to congratulate both Jessica and Sebastian for the time and effort they put into their well-being to stay healthy. They set the example for others and show that Diabetes is not the end of the world! [View her testimony here!](#)



### Did you know?



If you are in the initial stages of any cancer, procedures can be costly at times. We want to invite you to start using the [Benefits Value Advisor \(BVA\)](#). This is a counseling service to help you obtain the best procedure at the best cost. Remember, this service is built in within your BCBSTX Health Plan. You can access it by calling the number on the back of your card or by visiting [BCBSTX website](#).



**NOTICE: Benefits Value Advisors are only for UISD employees who are actively enrolled in one of our health plans with BCBSTX.**

[Cancer.org](#) has a lot of valuable information regarding Lung Cancer. Did you know...

- Lung Cancer is the 2nd most common cancer in both men and women.
  - Most Lung Cancers can be prevented since they are related to smoking.
  - Lung Cancer Early Detection has improved due to advances in technology.
- There is more insightful information on the website. Click here for [More details](#).

### If you need someone to speak to...

According to [mentalhealth.gov](#), in 2014 “One in five American adults experienced a mental health issue”. Mental health affects everyone, “suicide is the 10th leading cause of death in the United States.” Therefore, it is important to take advantage of the tools available to help you or your loved ones. If you or someone you know is going through a rough time, tell them to Visit BCBSTX website to enroll in virtual visits! Behavioral health counseling is available. [Click here to learn how to enroll](#). **The best part is that you can get help from the comfort of your home.**

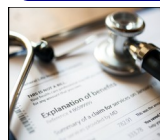
**NOTICE: Virtual visits are only for UISD employees who are actively enrolled in one of our health plans with BCBSTX.**

### Doctor's Hospital Diabetes Awareness Class

### Learn how to read your medical bill.



Doctor's Hospital & UISD have teamed up to Bring Diabetes Awareness to Transportation & Child Nutrition departments. Andrea Gonzalez provided a great class on Diabetes, and shared preventive tips to those in attendance. She will go back next week with her team to do preventive check ups on Diabetes. For more details, visit the [Wellness Calendar](#).



At some point in our lives, some of us have been confused by the medical bills we received after receiving treatment or having had a procedure done in a hospital. Hopefully, this article will help you understand your medical bills a little better [click here for article](#).

Wellness Committee: Laida Benavides, Lauren Cavazos, Cordelia Flores Jackson, Ofelia Dominguez, Abraham Hernandez, Irene Rosales, Roberto Laurel, & Michelle Vaughn-Silva. E-mail: [employeehealth@uisd.net](mailto:employeehealth@uisd.net) or [employeehealth@UISD.net](mailto:employeehealth@UISD.net)