



Welcome Back to another great School Year!

Meet UISD's Wellness Coordinator

At UISD, we want to take the opportunity to (re)-introduce our Wellness Coordinator Michelle Vaughn-Silva. She has been hard at work to bring Wellness events back on track for UISD. She will have a permanent location at central office. You can reach Michelle at her email or phone for any questions related to our events or your wellness being. (michelle_silva@bcbstx.com or 956-473-6324). In this occasion, Michelle has teamed-up with AIRROSTI for her seminar "Health on the Move" learn all about lower extremity pains with Michelle and AIRROSTI.



[Click here to get more details on the event.](#)

Wellness Events Coming this September!



Catapult & UISD are working hard to bring Catapult events near you. Catapult consist of health screenings, blood pressure, and more. Visit [Facilities](#) during the 5th & 6th of September to get a check-up from our Catapult partners. Get instant results and a consultation from a qualified Family Nurse Practitioner! **Soon more locations will come!!!**

[Schedule your appointment here!](#)

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

Immunization Schedule!

Do not let this pass by! Immunization shots for Influenza, Tdap, HPV, Pneumonia, & Shingles. Make sure you know all the locations available to you!

Click the links below for more information:

[Immunization Schedule](#)

[Vaccine Consent Form](#)



Want your campus or department to know more about the features on your health plan? Have Laurel Insurance do a Road Show event to explain this and much more. Contact **Michelle Vaughn-Silva** via phone or email to schedule an event. Make sure everyone is up to date!

Calling all Champions!

The Employee Wellness programs 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 do not hesitate to contact us at:

E-mail: wellness@uisd.net

Subject: I want to be a Wellness Champion

Information on E-mail: Name, Phone Number, and ID Number



Friendly Reminder for all our Healthy Wage Participants: the Reimbursement Period is Oct. 6, 2018 - Oct. 20, 2018. Meet your goal! [More Details](#)

DID YOU KNOW?



Payroll is working hard to make sure all UISD employees have a smooth transition this new school year. It is important for all employees to review their September paycheck to make sure their deductions reflect their benefits elections for the 2018-2019 plan year. If you have any questions do not hesitate to contact our Payroll Manager [Marcos Ceballos](#). He and the payroll department team are ready to answer any questions you have. Reach him at extension: 6221.

New features for your Health Benefits Plans! More Ways to Save Money! BCBSTX is coming with new features this 2018-2019 Plan!



We want to make sure you can get the most of your Health Plan. **Your BCBSTX ID Cards are on the way! Click on the logo above to go the main site for BlueCross BlueShield of Texas.** Create an account, you can get Id cards, claims, actual costs, your medication history, and much more!

2018-2019 School Year is starting, and we have exciting news to share. As some of you already know, we have two new features for your health plan effective September 1st 2018:

- Virtual Visits
 - \$15 Co-Pay per Virtual Visit
 - Available 24 hrs. 7 Days a Week
- Member Rewards
 - Counseling service for lower cost procedures.

Please make sure you click our links below to find out more!

[Virtual Visits](#)

[Member Rewards](#)



It's never too late to check your BMI, **click on the image, and find out if you are on track for a healthy weight.** If you have any concerns contact Michelle Vaughn-Silva at ext. 6416.