



### **UISD Wellness Newsletter**

Your path to a better self, starts here!

### 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

## **LAUREL®**

ant 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!

# Healthy Wage all our

all our Healthy Wage Participants: the Reimbursement Period is Oct. 6, 2018 - Oct. 20, 2018. Meet your goal! More Details

Friendly Reminder for

### Volume 1, Issue 1, 9/4/2018

### Editorial:

We hope that all our UISD employees are excited to be back. At central office, we are working hard to bring Wellness programs back to you. Some of you have already tried Catapult and were impressed by the service. We want to do this & even more for our UISD employees.

We want this newsletter, to be your main source of news for everything wellness related.

See you next month!

### **Employee Wellness** Program is here!

Employee Wellness Program is ready to roll this month of September. Visit the Risk Management Website to find out how it works.

Each employee must manually register to participate, the Wellness Program is open to all employees.

More Details Here

### 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.

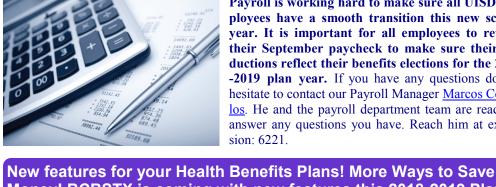
As a Wellness Champion, you will have the opportunity to keep your coworker on a Wellness path for a better, healthy life. Your input will make a difference. For more information do not hesitate to contact us at:

E-mail: wellness@uisd.net Subject: I want to be a Well-

ness Champion Information <u>on E-mail</u>:

Name, Phone Number, and ID Number

### DID YOU KNOW? Payroll is working hard to make sure all UISD em-



ployees 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 Cebal-<u>los</u>. He and the payroll department team are ready to answer any questions you have. Reach him at extension: 6221.

Money! BCBSTX is coming with new features this 2018-2019 Plan! 2018-2019 School Year is starting, and we have exciting





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 ld cards, claims, actual costs, your medicanews 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

Healthy Weight Its 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.

Wellness Committee Members: Laida Benavides, Cordelia Flores-Jackson, Ofelia Dominguez, Abraham Hernandez, Irene Rosales, Roberto Laurel, & Michelle Vaughn-Silva. wellness@uisd.net