

# HISD | Benefits Office

BRINGING BENEFITS TO LIFE

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## BENEFITS HIGHLIGHTS



**Summer is almost here, and the school year is coming to an end.** What does that mean for HISD employees? Time to rest, relax, and recover from the school year. It is also an excellent time to focus on personal wellness. Start making appointments for your annual physical, mammogram, and well-woman/man checkups. Have your vision checked and schedule your preventive dental visit. Once that is complete, review your health report card to determine how to be the best you can be. And remember, your mental and financial health are just as important as your physical health. This edition of the newsletter will provide you with the tools and resources to take care of yourself and your family.

**Schedule your preventive exams.** Summer is the perfect time to make a commitment to yourself and those you love by making preventive health a priority. Preventive care services are covered at no extra cost through your medical plan when you see the physicians or providers in your plan's network. This coverage includes routine screenings and checkups. Many services are covered as part of your physical exams, so you will not pay out of pocket for preventive visits when they are in-network. This includes regular checkups for adults, routine gynecological exams for women, and wellness exams for children. Screenings and other covered preventive services vary by age, gender, and other factors. Be sure to speak to your doctor about which services are right for you. Please note that services are generally not preventive if you get them as part of a visit to diagnose, monitor, or treat an illness or injury. In these cases, copays, coinsurance, and deductibles may apply.

### Mammograms by The Rose.

The Rose mobile mammogram unit will be at these HISD locations. To make an appointment, visit [The Rose \(sentinelanalytics.net\)](http://TheRose.sentinelanalytics.net) and use the code HISD. Please note that The Rose is not in-network with Kelsey Seybold's insurance plans offered by HISD.


- **July 12, 2022:** Hattie Mae White, 4400 W. 18 Street, 77092, from 9 a.m. to 3:30 p.m. (the last day to register is June 28).
- **July 26, 2022:** Hattie Mae White, 4400 W. 18 Street, 77092, from 9 a.m. to 3:30 p.m. (the last day to register is July 12).



### May is Mental Health Awareness Month:

According to the district's ComPsych Employee Assistance Program (EAP), May is the perfect time to pause and assess your mental health. When we fail to be mindful of our health as a whole, stress, anxiety and even the day-to-day pressures of life can build into something bigger. In fact, about half of all people will meet the criteria for a diagnosable mental health disorder at some point in their lives. Intervening effectively during the early stages of mental illness can improve the future of those dealing with mental illnesses. If you think you are in a negative place mentally or emotionally, a few simple changes may help such as:


- **Take media breaks.** Limit how much you are watching, reading, or listening to news stories
- **Take care of your body.** Get plenty of sleep, eat a healthy balanced diet, and exercise regularly
- **Make time to unwind.** Try to do some other activities you enjoy
- **Connect with others.** Talk with people you trust about your concerns and how you are feeling. Remember, if you feel overwhelmed, reach out. Your EAP can help.

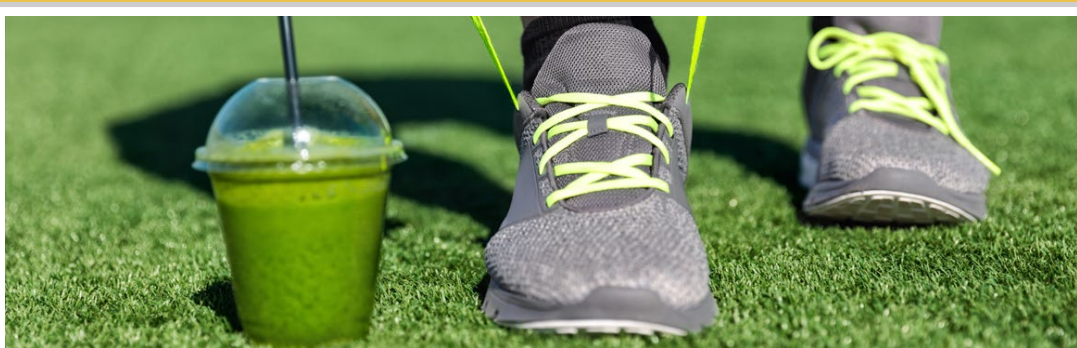
 **Interactive quiz:** Take this interactive quiz to help understand some of the common misconceptions about mental health: [Mental Health: Myth versus Fact](#)



### Mental Health Awareness Webinar and Tool Kit:

In observation of Mental Health Awareness Month, the EAP is offering a free live Mental Health Awareness webinar on Wednesday, May 25, at 12:00 p.m. Click [here](#) to register. There is also an online mental health tool kit available, which allows you to access articles, a quiz, tips, and on-demand training. Click [here](#) to access the tool kit. If you or a member of your household need to speak to someone about life's challenges, ComPsych's EAP can help. Contact them at 1-833-812-5181.


 **Please join HISD Benefits online** for five retirement savings webinars. These include "Understanding Your Texas State Pension" and "Social Security and Your Retirement." For details and to register, see [this flyer](#).



### Save the Date: Men's Health Game Day

June is Men's Health Month, and Kelsey-Seybold will host "Men's Health Game Day: Be the MVP of Your Own Health!" on Saturday, June 11, from 10:00 am-2:00 pm at the Kelsey-Seybold Berthelsen Main Campus, 2727 West Holcombe Blvd., 77025. Kelsey-Seybold ACO and Texas Medical Neighborhood plan members may participate in men's health screenings, health and wellness seminars, games, and massages. Wear your favorite baseball team shirt and enjoy pre-game activities. Register using the QR code.



 **Supplemental Sick Life Bank:** Enrollment will take place this month. If you are eligible and not enrolled, you should have received an email that will allow you to enroll. If you are currently enrolled, you should have received a confirmation email. This information is also posted on the [SSLB webpage](#).

### May EAP Webinars

This month's webinars will help you prioritize your mental wellness. Here is the May EAP webinar lineup:

#### How to Receive Criticism and Make it Work for you

May 11 at 12:00 p.m. – [Register](#)

#### Running on E: Adding Energy and Passion to Your Life

May 18 at 12:00 p.m. – [Register](#)

### HISD Benefits Department

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