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Employee Benefits

San Felipe Del Rio CISD

Mark your Calendar for Open Enrollment

The **District Health Plan Open Enrollment** takes place every year during the month of August.

If you need to add / drop a dependent or make changes to your coverage, mark your calendar to visit the Employee Benefits Department to make those changes during the month of August.

If you believe you might have a qualifying event to make a change now, please refer to pg. 30 of your District Medical Benefits Booklet to see what is a qualifying event. A copy of the booklet is available on the district website under the Employee Benefits Tab.

Call Laura English at Ext. 4020/4100, if you have any questions.



Mandatory Optional Insurances Open Enrollment will take place **April 1-19th.**

First Financial Representatives will be available one day at each campus during these dates. The schedule will be emailed at a later time.

Please remember that it is mandatory to visit with the representatives, even if you will not be making any changes to your Cafeteria Plan.

The Optional Insurances offered are:

- ◆ Dental
- ◆ Vision
- ◆ Disability
- ◆ Heart/Stroke
- ◆ Cancer
- ◆ Life (Whole, Term)
- ◆ Long Term Care
- ◆ Flexible Savings Account

myTML IEBP Website Guide

Have you created your myTML IEBP online account? It is a very simple process, just follow these steps:

- ◆ go to http://tmliebp.org/hx_members.php
- ◆ Select “Sign up Now” under the Plan Member link
- ◆ “Agree” on License Agreement
- ◆ Enter Member ID located on your TML Health Plan card
- ◆ You will then be asked for personal data for validation (name, date of birth, etc.).
- ◆ If validation is successful, you will receive immediate access to *myTML IEBP*.

Why do you want a myTML IEBP account? Because you can ...

- ◆ search for providers and preferred labs
- ◆ view claim status and eligibility information (deductible, out of pocket met, etc.)
- ◆ access customer service online 24 hrs. a day
- ◆ monitor prescriptions on the Restat REportal

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About TML IEBP

Home

myTML IEBP

myTML IEBP is an easy and powerful web service that provides access to your benefit information. Some features of myTML IEBP include:

- 24 hour access to your claim and eligibility status
- Answers to benefit questions and round the clock customer service
- Medical information, messaging services and much more!

Employers Only is designed with you, the fund contact, in mind. Services include:

- Access to member eligibility information
- ID Card Requests
- Forms, Benefit Books and much more!

myTML IEBP

Plan Members

- Sign up now
- Forgot your Username?
- Forgot your password?
- Login!

Employers Only

- Sign up now
- Retrieve your Login information
- Login!

Providers

- Sign up now
- Forgot your password?
- Login!

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**If you have difficulty creating your account, please call
1(800)282-5385**

Important things to remember about your benefits:

◆ Preferred labs at no cost in Del Rio:

- **Family Care Clinic**
119 E. Academy St
Del Rio TX 78840
Phone (830)774-4094
- **Val Verde Regional Medical Center**
801 N. Bedell Ave
Del Rio, TX 78840
Phone (830)775-8566



For a complete list of other preferred labs in the area log in to [myTML IEPB](#). Keep in mind that if you elect not to use these labs, drawing fees, co-pays or deductibles may apply.

Are you taking advantage of these benefits?

◆ Generic prescriptions filled at no cost at RESTAT Align Pharmacies.

- HEB Pharmacy
- Lifecheck
- Wal-Mart Pharmacy



For a complete Align Pharmacy listing visit www.sfdr-cisd.org under the Employee Benefits tab or www.tmliebp.org to visit the RESTAT member portal

Pharmacy Type	Day Supply	Generic
Align Pharmacy	34 days or less	\$0.00
All other retail pharmacies	34 days	\$5
Align Pharmacy	35-90 day	\$9.00
Mail Order	90 days	\$10

Healthy Living Guide

Healthy Eating

Excerpt from myTMLIEBP Healthy Initiatives

The Dietary Guidelines describe a healthy diet as one that:

- ☑ Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products;
- ☑ Includes lean meats, poultry, fish, beans, eggs, and nuts; and
- ☑ Is low in saturated fats, *trans* fats, cholesterol, salt (sodium), and added sugars.

These are the few basic concepts of eating healthy, but sometimes it is difficult to follow these rules. We hope this guide will give you concrete ways to eat healthy. There are ideas here for the eating challenges we face each day.

Let's Start With Breakfast!

- A rule of thumb is to include a source of protein (meat, eggs, milk, peanut butter, or cheese), a whole grain, and fruit
- We know that people who eat breakfast have an easier time controlling weight
- Children who eat breakfast do better in school
- The breakfast ideas for 300 calories are small enough for a child or for a woman on a weight-reduction diet. The 400 calorie meals are more suitable for older children and all other adults. If you can afford more calories, use bigger portions.

TML Professional Health coaches 1(888)818-2822 are available Monday thru Friday from 9:30 a.m.– 6 p.m.

Breakfasts - About 300 calories, 30 grams carbohydrate

1 oz dry cereal 1 c skim milk 1 T chopped pecans	½ English muffin 1 t margarine 7 dried apricots	Egg McMuffin
1 oz low fat cheese cubes 1 banana 1 T nuts	½ c cooked instant oatmeal 1 t margarine 2 T raisins	1 toaster waffle ½ T peanut butter 2 T raisins

Breakfasts - About 400 calories, 45 grams carbohydrate

½ c cooked oatmeal 1 c milk 2 T raisins 2 T chopped nuts 1 t margarine	1 c low fat yogurt 3 T crunchy cereal 1 c sliced strawberries 2 T. chopped nuts	Breakfast Smoothie: 1 c. milk, 1 t vegetable oil Banana (can use frozen banana) Artificial sweetener (optional)
¾ c whole-grain cereal 1 c skim milk 1 sliced peach 1 T chopped nuts	Toaster waffle 1 c fat-free yogurt ½ c sliced fruit	½ whole wheat pita 1 sliced hard-boiled egg Low fat cheese slice Small apple

Lunches about 300 calories, 30 grams of carbohydrate

<p>3 oz sliced roast turkey ½ cucumber, sliced 2 sl rye bread 2 t mayonnaise Slaw with ½ c plain yogurt, 1 c. shredded cabbage</p>	<p>1 c reduced sodium vegetable juice 2 T peanut butter 2 t fruit spread 2 sl raisin bread Carrot and celery sticks ½ c applesauce</p>	<p>3 oz tuna 2 t mayonnaise ½ tomato, ½ sliced bell pepper 2 sl "lite" bread 1 c milk</p>
<p>3 oz canned salmon mixed with ¼ c diced celery, 2 t diced onion, 2 t mayonnaise 6 saltines 1 c milk 1 c reduced-sodium vegetable juice</p>	<p>1 Hard-boiled egg Sliced radishes 2 sl rye bread 2 t mayonnaise Cold, cooked asparagus spears</p>	<p>Chef salad (½ c sprouts, lettuce, cucumbers, tomatoes, 1 t oil, vinegar, ½ c part-skim ricotta) 6 low fat crackers ½ grapefruit</p>

Did you know banana is the cheapest fresh fruit and apples keep the longest (about 2 weeks refrigerated)?

Lunches about 400 calories, 45 grams of carbohydrate

<p>1 frozen entrée ~400 calories</p>	<p>Tuna sandwich Cucumber slices, lettuce Small orange</p>	<p>Ham sandwich 1 T mayo, lettuce, tomato Small apple</p>
<p>Roast beef sandwich 1 T mayo, lettuce, tomato Celery, carrot sticks ½ c plain yogurt with ½ c sliced strawberries,</p>	<p>Turkey sandwich 1 T mayo, lettuce, tomato, onion 1 c soup</p>	<p>1 c low fat cottage cheese 1 c mixed fruit 6 low fat crackers, carrot and bell pepper strips 2 T mixed nuts</p>

30 Minute Dinner Menus, 45 grams carbohydrates, calories vary by meal.

<p>1 c spaghetti ½ c spaghetti sauce 6 meatballs Tossed salad 2 T salad dressing ½ c steamed broccoli 665 kcal</p>	<p>3 oz ham slice 2/3 c lima beans 8 Triscuits Tossed salad ¼ c fat-free salad dressing 390 kcal</p>	<p>3 flour tortillas 3 oz grilled pork loin 2 T guacamole Salsa, lettuce, tomato, grilled onion Jicama and cucumber salad* 610 kcal</p>
<p>1-1/2 c chili without beans 12 saltines 1 c milk Tossed salad 2 T fat-free dressing 495 kcal</p>	<p>2 c Hamburger Helper Tossed salad 2 T Salad dressing Green beans 515 kcal</p>	<p>3 oz roast chicken breast (start in crockpot in morning) 1 c mashed potatoes Zucchini and tomatoes 1 dinner roll 2 t margarine 520 kcal</p>

Restaurant Eating

We love to eat out, but it can be hard to maintain a healthy diet with too much restaurant eating. Keep in mind the following:

1. There is a direct correlation between how often one eats out and increased body weight.
2. A typical restaurant serving is enough to feed three people.
3. Almost all restaurant food is high in sodium.

Remember that if you eat out frequently, eating out is not a special occasion, nor a reason to indulge. You owe it to yourself to eat healthy whenever you can.

Restaurant	400 Calorie Meals	500 Calorie Meals
Burger King	Veggie Burger	Buck Double (burger) Fresh Apple Fries
Pizza Hut	2 slices of any Fit 'N Delicious Pizza	2 slices of any thin-crust medium pizza
Dairy Queen	Barbecue Beef Sandwich Side Salad Fat-free Salad Dressing	Iron-grilled Turkey Sandwich
Golden Chick	Golden Roast Chicken Leg Coleslaw Macaroni and Cheese	Chunky Chicken Salad Southwest Style Pinto Beans
Jack in the Box	Chicken Fajita Pita Fruit Cup	Grilled Chicken Salad with Low fat Balsamic Vinaigrette Spicy Corn Sticks
KFC	Oven-roasted Chicken Breast without skin Mashed potatoes Green Beans Sweet Kernel Corn	Grilled Chicken Thigh Barbecue Baked Beans Corn on the Cob (5.5 inch)
Long John Silver's	Fresh side Grill Shrimp Scampi Entrée with extra Corn Cobette	Fresh side Grill Tilapia Entrée Broccoli Cheese Soup
McDonald's	Cheeseburger Apple Dippers with Caramel Dip	Grilled Chicken BLT
Sonic	Junior Burger Fresh Banana	Junior Deluxe Burger 1% Milk
Taco Bell	Fresco Grilled Steak Soft Taco Fresco Crunchy Soft Taco Mexican Rice	Fresco Burrito Supreme Fresco Chicken Soft Taco
Whataburger	Justaburger Fruit Chew	Jr. Green Chile Double



Healthy Snack ideas

The raw vegetables listed have very few calories. All of the other snacks below are about 100 calories. Combine any two for a higher calorie snack.

Fresh fruit - 1 apple, orange, banana, pear, tangerine, peach, plums, melon, nectarine, grapes, strawberries	Individual servings of canned fruit in light syrup or juice, or unsweetened applesauce	Sugar-free gelatin with ½ c light canned fruit added
1 c Baby carrots	1 c other raw vegetables: celery, radishes, jicama, bell pepper strips, cherry tomatoes, broccoli, cauliflower	¼ Dip for raw veggies: mix 1 c plain nonfat yogurt with any dry salad dressing or dip mix.

For the complete Healthy Eating Guide please log in to MyTMLIEBP.org



Employee Benefits & Support Services Department (830) 778-4020 or (830) 778-4100

TML Claims Department 1-800-348-7879

English: (800) 282-5385 / Spanish: (800) 385-9952

Professional Health Coach (888) 818-2822 / Care Management: (800) 847-1213

First Financial Group of America (800) 672-9666

AllState (800) 348-4489 American Fidelity Disability (800) 662-1113

Ameritas (800) 747-1024 Texas Life (800) 283-9233 Cincinnati (800) 937-3148

Eyetopia (800) 662-8264

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