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# Employee Benefits

## San Felipe Del Rio CISD

**September:**  
Prostate Cancer  
Awareness Month



**October:**  
Breast Cancer  
Awareness Month



Remember that the SFDRICISD Health Plan covers preventive care at 100%. Take charge of your health and get checked.

**Sun Life Financial** is the new carrier for the life insurance provided by the district to all employees. Effective September 1, 2013, the coverage has increased from \$10,000 to \$15,000.

**Sun Life Financial** provides Emergency Travel assistance and Identity Theft Protection at no cost. Please call (609) 921-0868 for additional information on Emergency Travel assistance and [www.secureassist.com/sunlife/](http://www.secureassist.com/sunlife/) to register up to 10 credit/debit cards for Identity Fraud Protection Surveillance. Access code: 18327

### Emergency Travel Assistance and Identity Theft Protection

Life is full of surprises. Whether employees are travelling or simply shopping online, Sun Life can help protect them from surprises that can threaten them and their families' well-being. This package provides:

- **Emergency Travel Assistance** in the event of a medical, dental, or legal emergency - anywhere in the world beyond a 100-mile radius from home
- **Identity Theft Protection** and resolution services in the event that an employee's financial or medical identity is stolen

Services are provided by Assist America,<sup>®</sup> the nation's largest provider of global emergency travel assistance services through group benefit plans. Services are not insurance. Identity theft services are provided through Assist America's SecurAssist<sup>®</sup> Identity Protection service.

**Mark your calendar**

### Claim Look up Day

**Paul Rutledge, TML Representative**, will be at the Administration Board Room on Wednesday, October 16th from 2:00-6:00 pm to visit with employees who might have questions about how their TML claim was processed.

The employee must have already contacted the TML customer service at 1(800) 282-5385 about the claim prior to setting an appointment. The employee must bring the reference number from the customer service call and the TML Explanation of Benefits of the claim, so that Mr. Rutledge can better assist.

Please call Ext 4100/4020 for an appointment.

Free Flu shots and Health screenings to all employees on the SFDRCSID TML Health Plan.

Alternate Plan Participants may participate at their own cost. Please see campus nurse for price list.

## HEALTH AWARENESS SCREENING OCTOBER 1-OCTOBER 10

HealthCheckUSA makes it easier for you to make informed decisions about your lifestyle and about seeking professional medical care by reducing the cost and hassle of laboratory blood testing. You get your results quickly and confidentially. Also, for the 2013 Health Screening, we are giving away four \$50 Visa Cards and an iPad II.

**TO MAKE AN APPOINTMENT FOR BLOOD WORK**  
Participants should call the school nurse at the location of their choice to make an appointment. For appointments at Admin Building, call the Employee Benefits Office at ext. 4020 or 4021.

**TO MAKE AN APPOINTMENT FOR BONE DENSITY & EKG**  
Participants should call the Employee Benefits Office at extension 4020 or 4021 to schedule your appointment.

### IMPORTANT EMPLOYEE INFORMATION

2013 TML SFDRCSID Health Plan card of the participating member must be presented at the time of the screening.

Alternate Plan **DOES NOT** cover screenings. Employees and dependents on alternate plan may participate **AT THEIR OWN COST.**

Covered members and spouses on the TML SFDRCSID Health Plan can attend the Health Screening at no cost.



You may go to any location for blood work on the following dates and times. Participants should call the school nurse at the location of their choice for an appointment. For appointments at the Administration Building, call Employee Benefits at ext. 4020 or 4021.

**OCTOBER 1, TUESDAY**  
Chavira Elementary  
6:30am-9:30am

**OCTOBER 7, MONDAY**  
Del Rio High School  
6:30am-9:30am

Lonnie Green Elementary  
6:30am-9:30am

**OCTOBER 8, TUESDAY**  
Buena Vista Elementary  
6:30am-9:30am

**OCTOBER 2, WEDNESDAY**  
Lamar Elementary  
6:30am-9:30am  
Maintenance  
6:30am-9:30am

San Felipe Memorial Middle School  
6:30am-9:30am

**OCTOBER 3, THURSDAY**  
Del Rio Middle School  
6:30am-9:30am

**OCTOBER 9, WEDNESDAY**  
Freshman  
6:30am-9:30am  
N. Heights  
6:30am-9:30am

Garfield Elementary  
6:30am-9:30am

**OCTOBER 4, FRIDAY**  
Calderon Elementary  
6:30am-9:30am

**OCTOBER 10, THURSDAY**  
Administration Bldg.  
6:30am-10am

Cardwell Elementary  
6:30am-9:30am

Bone Density & EKG will be offered in the Administration Boardroom from 2:30p.m.-6p.m. on the dates below. Make separate appointments for EKG and Bone Density screenings by calling the Employee Benefits Office at ext. 4020 or 4021.

**Bone Density & EKG (Admin. Boardroom)**  
OCT. 1st-4th & 7th-10th • 2:30pm-6pm



The following tests are offered for **FREE** to all SFDRCSID Employees enrolled in the TML SFDRCSID Health Plan. Employees **not covered** or on an alternate plan may purchase any of the tests at a discounted rate. Ask a school nurse for a complete pricelist.

### FLU VACCINE

The single best way to protect against the flu is to get vaccinated each year.

### VIP PROFILE

Total Cholesterol, HDL, LDL, and ratios, triglycerides, glucose (diabetes), kidney, liver and heart functions, potassium, calcium, uric acid, electrolytes and iron plus CBC (Complete Blood Count), ferritin (anemia) and total thyroid (T3, T4, T7 and TSH)

### HOMOCYSTEINE

Suggested for those with family history of heart disease

### C-REACTIVE PROTEIN (CRP)

Risk assessment for cardiovascular disease

### HEALTHY HEART PROFILE

INCLUDES: VIP Profile, Homocysteine & CRP hs

### CA-125 (Ovarian Cancer Marker)

### HbA1c

Average blood sugar measurement for previous 3 months

### PSA (Prostate Specific Antigen)

Recommended for males over 50, 40 with family history

### VITAMIN D, 25 HYDROXY

Vital to healthy bone. Deficiency associated with high blood pressure, heart disease, type 1 diabetes, hypertension

### URINALYSIS

Get specimen cup from your school nurse before screening

**MAKE SEPARATE APPOINTMENTS**  
**EKG (12 LEAD)**

**BONE DENSITY** (Early Detection of Osteoporosis)

**10-12 HOUR FAST RECOMMENDED**  
**BEFORE TAKING A TEST (WATER PERMITTED)**

## HELP FIGHT THE FLU VIRUS AND YOU COULD WIN A \$50 GIFT CARD

Did you know that between 5% and 20% of the US population will contract the flu virus this year. Or that each year 200,000 people on average are hospitalized due to the flu virus. The statistics are staggering but can be avoided. We are offering you the chance to not be a statistic this year. Get your flu vaccine during our 2013 SFDRCSID Health Awareness Screening and you'll be automatically entered into a drawing for a chance to win an additional \$50 dollar visa giftcard.

### WHO SHOULD GET A FLU VACCINE

Everyone who is at least 6 months of age should get a flu vaccine this season. It's especially important for some people to get vaccinated.

#### THOSE PEOPLE INCLUDE THE FOLLOWING:

- People who are at high risk of developing serious complications like pneumonia
- Pregnant women
- People 65 years and older
- Educators and support staff
- People who give care to others who are at a high risk of developing serious complications

Contact your campus nurse to set an appointment for your Flu shot and Health screenings.

For Bone Density and EKG call Ext. 4020/4100 for an appointment.



## Introducing “Stay Fit For my Kids” SFDRCID Wellness Program

### Are you taking charge of your Health?

#### Ask Yourself...

- ◇ Have you been wanting to exercise but are just not sure how to get started?
- ◇ Have you tried exercising on your own and found you just don't stick with it?
- ◇ Do you wish you had more energy?
- ◇ Do you want to lose weight? Do you want to strengthen your muscles?
- ◇ Do you have excess tension and stress in your life?

Exercise has been shown to increase quality of life and independence, decrease the susceptibility of chronic diseases through prevention and regulation, and decrease the need for certain medication. Physicians are starting to view exercise as a natural pain killer and mood enhancer, as it performs physiologically like many medications do. The best part... **it's less expensive!**

#### Exercise has the following effects on the body:

- ◇ Decreases blood pressure
- ◇ Boosts the immune system
- ◇ Increase glucose uptake
- ◇ Increase Bone Mineral Density
- ◇ Reduces cortisol levels
- ◇ Increases endorphins
- ◇ Increases self-esteem
- ◇ Helps prevent depression

Suggested free apps to download  
on your smart phone:

**Runtastic**  
**C25kfree (train for a 5K)**  
**Legs Tainer Free (zen labs)**  
**Abs Trainer Free- (zen labs)**

If you don't have a smart phone, be smart and find  
a friend who does and exercise together.

The support system works!!

#### Walking Facts

- ◇ The average American takes 5,117 steps per day, the least of any industrialized nation.
- ◇ The recommended number of steps is 10,000 per day.
- ◇ Walking reduces the risk of both breast and colon cancer.
- ◇ The average human walking speed is about 3.1 MPH.



## “Stay Fit For my Kids” SFDRCID Wellness Program



Taking care of your health is important to the school district. San Felipe Del Rio CISD will strive to promote health awareness among its employees by offering the “Stay Fit for My Kids” Wellness Program in an effort to lower the cost of healthcare premiums, to serve as role models for the community, and to ensure a better quality of life for all participants.

The objectives of this program are:

- Improve the overall health, physical & mental wellness of the San Felipe Del Rio CISD staff
- Foster positive employee morale and relationships.
- Reduce health care costs for employees and the school district.

We are currently looking for volunteers who will represent each campus and lead with activities. Please contact your Principal/ Program Director to sign up.

The Stay Fit For My Kids Wellness Program Calendar will be posted on the district website soon.

All staff members are welcomed to attend any fitness activity at any campus location. (must show the School District ID for admittance).

### Upcoming Events:

- The kick-off for the wellness program is Saturday, November 16th at 8:30 am with a 5K fun run/walk at the Del Rio Middle School.
- Walkathon– Date to be announced

## SFDRCID United Way Campaign Sept 26th- October 15th



The district's goal is a 100% staff participation throughout the school district.

Keep in mind that you may pledge through payroll deduction. Suggestion: \$2 per pay period goes a long way at the United Way.

Example:

$\$2 \times 20 \text{ pay periods} = \$40$  (your yearly pledge)

You may designate your pledge to your favorite local agency:

1. American Red Cross
2. Bethel Center
3. Boys and Girls Club
4. Casa de la Cultura
5. Clinica de Inmigracion
6. Community Health Improvement Coalition
7. Del Rio Council for the Arts
8. Friends of Del Rio Animals
9. Friends of the Val Verde County Library
11. LAFB Child Development Center
12. LAFB Friends if /airman/Family Support
13. LAFB Youth Center
14. Reach Out and Read
15. Safe Kids Val Verde
16. Texas Southwest Council of the Boy Scouts of America
17. Val Verde County Child Welfare Board
18. Val Verde Training Center
19. USO– United Services Organization

The School District encourages notifying your health care provider before starting any type of fitness regime. Additionally, TML IEBP's professional health coaches are ready to assist you and are available to coach you through setting and achieving your health goals.

Call (888) 818-2822 to contact a personal health coach provided by TML IEBP.

**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**

**Ameritas (800) 747-1024**

**Texas Life (800) 283-9233**

**New York Life (800) 7107945**

**Cincinnati (800) 937-3148**

**Eyetopia (800) 662-8264**

**American Fidelity Disability (800) 662-1113**

**403(B) Representatives:**

**Brown Financial– 775-2911**

**Edward Jones– 774-5559**

**Money Concepts– 775-4800**

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