

Summer 2017

Employee
Benefits
Newsletter

For Your Benefit



CONROE
INDEPENDENT
SCHOOL DISTRICT

Ready, set, enroll

Annual enrollment provides you a once-a-year opportunity to add or make changes to your benefits. Conroe ISD has an active enrollment period, which means all employees (full-time, part-time, substitute, and temporary) are required to submit elections beginning July 1, 2017, and no later than July 31, 2017, for the new plan year that begins September 1, 2017.

Remember, even if you are not making any changes or you are declining all coverage, you still need to submit your elections using the online enrollment system (see enrollment instructions in the 2017-2018 Annual Enrollment Quick Reference Guide included with this newsletter).

The guide contains information about annual enrollment, plan options, and changes for the 2017-2018 plan year. We will not mail comprehensive guides this year, but they are available online at www.conroeisd.net/hr/benefits. Hard copies may be requested by contacting the CISD Benefits Office.

The Benefits Office is here for you

The Benefits staff is here for you from June 5 through July 21, 2017, Monday – Thursday, 7:30 a.m. to 5:30 p.m.; we are closed Fridays. Call us at **936-709-7808** or email us at benefitsoffice@conroeisd.net with any benefits-related questions. Regular hours resume July 24, 2017, Monday – Friday, 8:00 a.m. to 4:30 p.m.



Conroe ISD Employee Health & Wellness Center

SOUTH COUNTY

Summer hours
June 5 – August 6, 2017

Monday/Tuesday/Thursday – 8:00 a.m. to 5:00 p.m.

Wednesday – 10:00 a.m. to 6:00 p.m.

Friday/Saturday – 8:00 a.m. to 12:00 p.m.

Sunday – Closed

Regular hours resume
August 7, 2017

Monday – 8:00 a.m. to 5:00 p.m.

Tuesday/Wednesday/Thursday – 10:00 a.m. to 6:00 p.m.

Friday/Saturday – 8:00 a.m. to 12:00 p.m.

Sunday – Closed

Located on the Oak Ridge Elementary School Campus: 19675 I-45 South, Suite 100, Conroe, TX 77385

For more information or to schedule an appointment, visit ConroeISDClinic.com or call 281-465-2873.

NORTH COUNTY

Memorial Hermann Medical Group Conroe

Monday through Friday – 8:00 a.m. to 5:00 p.m.

Saturday/Sunday – Closed

Located at 690 South Loop 336 West, Suite 140, Conroe, TX 77304

Schedule an appointment online at ConroeISDClinic.com or call 936-270-6000.

NEW!

Make time for a mammogram

During the month of July, Assured Imaging will bring their mobile coaches to both of our annual enrollment sites, Conroe High School 9th Grade Campus and The Woodlands College Park High School, to provide onsite mammography screenings.

When and where?

The Woodlands College Park High School 3701 College Park Dr. The Woodlands, TX 77384	Thursday, July 13 and Tuesday, July 25 8:30 a.m. to 4:30 p.m.
Conroe High School 9th Grade Campus 400 Sgt. Ed Holcomb Blvd. North Conroe, TX 77304	Wednesday, July 19 and Monday, July 31 8:30 a.m. to 4:30 p.m.

Every woman who receives a mammogram on one of the mobile coaches during annual enrollment will receive a \$10 Walmart gift card* and will be entered into a drawing to receive a Coach® purse*!

Who can be screened?

- Women 35 years of age and older
- Women who have not had a mammogram in the last 12 months
- Women who have a documented referring physician willing to accept the results of the screening if it is for diagnostic purposes; women needing a preventive screening do not need a written order from their physician
- Women who have a history of breast cancer as long as they have been in remission for at least five years and they provide Assured Imaging with at least two years of prior mammograms that were obtained after all treatment for breast cancer was completed

Who should not be screened?

- Women who are experiencing any breast symptoms or problems
- Women who are pregnant or breastfeeding

What is the cost of the screening?

Routine mammograms are free for members of a Conroe ISD Aetna medical plan. If you are not enrolled in a Conroe ISD medical plan, please contact your insurance carrier to find out how these services are covered. Assured Imaging accepts most major medical plans. If you wish to pay cash for a mammogram, the cost is \$150.

How to schedule an appointment:

Call 1-888-233-6121. Your insurance information will be verified when you make your appointment, so have your medical ID card handy when you call.

How to prepare for your appointment:

- Be sure to take your insurance card, photo ID, completed patient forms (available at www.assuredwomenswellness.com under the "Screening Services" tab), and prior mammography records (if possible) with you to your appointment
- Do not wear lotions, ointments, powders, perfumes, or deodorants on the day of your appointment
- Wear two-piece clothing for your convenience and comfort

*Provided and distributed by Assured Imaging



Live Healthy America summer challenges

Wellness is more than just physical – it includes mental, emotional, financial, and social aspects, as well. Conroe ISD, in partnership with Live Healthy America, is pleased to offer some fun, optional wellness challenges for summer that will help you grow in multiple areas of your life.

Power of 8

Power of 8 consists of unique, individual challenges that provide two different programs for eight well-being focal points:

- Purpose** — set goals and develop a plan to get there
- Physical** — fit your workout in each day with fun challenges
- Brainy** — keep your brain active with quizzes and games
- Peer to Peer** — develop your relationships with family and friends
- Balance** — take time for yourself
- Nutrition** — eat and live well
- Financial** — learn how to improve your financial well-being
- Community** — get involved and give back

Ready to get started?

You can sign up for any Power of 8 challenge at any time by going to www.livehealthyconroeisd.com. If you've logged in before, enter your username and password on this screen. If you need to sign up, click "Join Now" on the right side of the screen. If you need help, call Live Healthy America at 1-888-282-0822 or email info@livehealthyamerica.com.



Insurance changes outside of annual enrollment

In accordance with Section 125 regulations of the Internal Revenue Code and certain insurance policies, you may only make changes in your coverage during an annual or open enrollment period. However, certain life events may allow you to make changes to your benefits that are related to the event. For example, adding health insurance coverage for a new dependent. Qualifying events include, but are not limited to:

- Marriage
- Divorce
- Death of spouse or dependent
- Birth or adoption of child
- Change in spouse's employment or benefits, such as open enrollment
- Change in Medicare or Medicaid entitlement

You have 30 days from the event date to notify the Conroe ISD Benefits Office and make changes to your benefits (the notification period for Medicaid and CHIP eligibility is 60 days). After this time period, you will not be able to make any changes until the next annual enrollment period. This rule applies even if you already have child coverage and gain a new child by birth or adoption, so be sure to contact the Conroe ISD Benefits Office during the change of election period in order to prevent your new child from going without coverage.

Enrolled in an Allstate® cancer plan or Aflac® critical illness plan?

Don't forget to take advantage of the wellness benefit, which pays you a set dollar amount when you receive a covered health screening. Claim forms are available online at www.conroeisd.net/hr/benefits-forms.

For questions, please contact Allstate at 1-800-521-3535 or Aflac at 1-800-433-3036.