

Fall 2017

Employee
Benefits
Newsletter

For Your Benefit



CONROE
INDEPENDENT
SCHOOL DISTRICT

Save time, save money, make life easier

The end of summer means busy days ahead. Children, teachers and staff alike are back in school, and the to-do list seems to grow by the hour. With this in mind, we've gathered some helpful resources, tips and reminders in this issue of **For Your Benefit**. Think of it as your fall first-aid kit!

Talk with a doctor anytime, anywhere

Sometimes, just a few minutes of a doctor's time is all you want. With Teladoc[®], you've got it — without waiting for an appointment or taking time away from work. Teladoc is a service that lets you talk anytime with primary care doctors by phone or video consult. Teladoc doctors can diagnose, recommend treatment and call in prescriptions, when appropriate, for you and your family.

Call when you need help with routine, non-emergency medical problems (such as allergies, infections or flu). You'll pay a \$40 copay for your consult if you're enrolled in an Aetna Whole HealthSM plan. If you're enrolled in the HDHP, your consult will be covered at 30% after the deductible, up to a maximum of \$40.

Best of all, Teladoc is easy to use. Just visit [Teladoc.com/aetna](https://www.teladoc.com/aetna) to set up your account. When you need a consult, log in to your account or call **1-855-TELADOC (835-2362)** to request a phone or online video consult. The median call-back time is 10 minutes.

And now, thanks to a new mobile app, you can take Teladoc with you — wherever you go. This app gives you a quick and convenient option to access your Teladoc account through a smartphone. This way, you can manage your medical history or request a visit anytime. You can download the Teladoc mobile app from the App Store or Google Play.*

With cold and cough season just ahead, it's good to know you can get quick, reliable help from a doctor, whether for you or the kids. Set up your Teladoc account today!

*App Store is a service mark of Apple, Inc., registered in the U.S. and other countries. Google Play is a trademark of Google, Inc.

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- Get it done online with Aetna Navigator[®]
- Wake up to a healthier you
- Live Healthy America Fall Challenge

Conroe ISD Benefits Office

The Benefits Office is open Monday through Friday, 8:00 a.m. to 4:30 p.m.

Call us at **936-709-7808** or email us at benefitsoffice@conroeisd.net with any benefits-related questions.



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Conroe ISD Employee Health & Wellness Centers:

Need help taking care of your primary care and acute care needs? The centers treat common illnesses and injuries like cold, flu, cough, sore throat, earache, sinus infection and minor lacerations. Conroe ISD Aetna medical plan members (employees and dependents ages two years and up) pay \$10 per visit. For all other employees, the cost is \$50 per visit.

To learn more about the centers and schedule an appointment, visit ConroeISDClinic.com.

South County – On The Oak Ridge Elementary School Campus

19675 I-45 South, Suite 100
Conroe, TX 77385
281-465-2873

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

North County – Memorial Hermann Medical Group Conroe

690 South Loop 336 West, Suite 140
Conroe, TX 77304
936-270-6000

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

Friday
8:00 a.m. to 12:00 p.m.

Saturday/Sunday – Closed

Reminder for family status changes and other qualified life events

When certain life events occur (marriage, birth, etc.), you may make changes to your benefits that are related to the event. For example, you may add health insurance coverage for a new dependent.

Be sure to contact the Conroe ISD Benefits Office no later than 30 calendar days after the event date to request a change; otherwise, you can only make changes during annual enrollment.



Get it done online with Aetna Navigator

Aetna Navigator is your secure member website and your one online stop for benefits, health care and wellness resources. It's easy to get around, get things done and find the information you need. Are you registered? If not, here's how:

- Visit Aetna.com and click "Log In/Register."
- Answer "Yes" to "I have coverage through an employer or Aetna Medicare." Then click "Log In/Register."
- On the Welcome screen, click "Register" next to "First-time users."
- Fill in the information requested, then click "Continue" to create your login.

Once you're registered, you can log in to:

- Check on a claim
- Find network doctors
- Estimate and compare health care costs
- Take a health assessment
- Use the home-delivery service for prescriptions
- Learn about your Aetna member discounts
- View and print your Aetna ID card

And much more. You can even contact Member Services with questions and requests. Just look for the "Contact Us" link at the top right of any page.

Visit Aetna Navigator often, and stay awhile. The site is simple and convenient to use, with time- and money-saving features you'll appreciate.

Take Aetna with you

The Aetna Mobile app lets you use all the best features of your secure member website wherever you go. Search for doctors, find an urgent care center, view claims, get a cost estimate and more. To download the app, text Apps to 23862* or download it from Google Play or the App Store**.

*Data and messaging rates may apply.

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Wake up to a healthier you

When you're caught up in the time crunch of everyday life, sleep may be the last thing on your mind. But in fact, it's fuel for your good health, right up there with regular exercise and healthy eating. A good night's sleep can help with:

- **Weight.** Recent research indicates that people who sleep more, eat less.
- **Immunity.** During sleep, the body releases proteins that protect against illness.
- **Alertness.** Sleep well at night and you'll be better able to focus during the day.
- **Beauty.** Get 7 to 9 hours of sleep each night for healthier-looking skin.

Of course, getting a better night's sleep is more easily said than done. But what you do during the day and just before bedtime can make a big difference. Regular exercise, a lighter (and earlier) evening meal, less screen time at night and a dark, quiet bedroom all can contribute to a good night's sleep.

Learn more: Children who get a full night's sleep concentrate, remember and learn better. How much sleep is enough? For teens, it's 9 to 10 hours each night. Younger children may need as much as 10 hours or more. (Source: Mayo Clinic, Mayoclinic.com)

Better sleep for a better day

Visit www.cdc.gov/sleep to get tips on how to get a good night's sleep. Plus, find out how much sleep you should be getting and what to do if you aren't getting the proper amount of zzz's.



It's flu shot time

Be sure to get flu shots for yourself and your family members this season. Remember, flu viruses can change over time and become resistant to vaccines used in past seasons. That's why it's important to get the shot every year. Your Aetna plan covers flu shots at 100% when you visit a network doctor, walk-in clinic or other covered provider.



Live Healthy America Fall Challenge

Once again, Conroe ISD is teaming up with Live Healthy America to offer optional wellness challenges with your good health in mind. This fall, you can choose one or both of the following:

Add more steps to your day with Momentum, a six-week challenge from **October 9 - November 19** that boosts your daily activity. Find more ways to walk, from taking the stairs to walking with a coworker during your lunch break. You can write down your steps each day or use an app or fitness tracker. You'll earn one point for every 1,000 steps recorded per day and win fun prizes.

Tackle daily tensions and pressures with Goodbye Stress, a four-week challenge from **November 27 - December 24** that can put you on a calmer path. Each week, you'll refresh, revive and reset with tasks that will help you manage your stress and improve your wellbeing. Tasks may include journaling, exercising and deep breathing.

Watch for more information coming soon and plan to take part!

Wishing you and your family good health this fall!