



Winter 2017

Employee  
Benefits  
Newsletter

# For Your Benefit

## New Year, new you!

Start the New Year right with this issue of **For Your Benefit**. We'll show you ways to keep your mind and body healthy as we head into 2018.

## Come to the Conroe ISD Employee Health Fair!

**When:** Saturday, January 20, 2018, 9:00 a.m. to 12:00 p.m.

**Where:** The Woodlands College Park High School

**What:** There's something for everyone:

- Health screenings — Employees and spouses enrolled in a Conroe ISD Aetna medical plan can get a free biometric screening from Quest Diagnostics®
- Onsite screening mammograms and flu shots\*
- Door prizes, product samples and giveaways
- **New for 2018:**
  - Vascular and abdominal ultrasound screenings
  - Free car seat safety checks for baby and child

Learn more: Visit [www.conroeisd.net/hr](http://www.conroeisd.net/hr).

Visit [my.QuestForHealth.com](http://my.QuestForHealth.com) to pre-register for your Quest Diagnostics biometric screening\*\* from December 4, 2017 to January 2, 2018.

\*Flu shots are free for Conroe ISD Aetna medical plan members and \$25 for non-members.

\*\*Quest screenings are free, and only available for Conroe ISD Aetna medical plan members.

### Conroe ISD Benefits Office

**Hours:** Monday – Friday, 8:00 a.m. to 4:30 p.m.

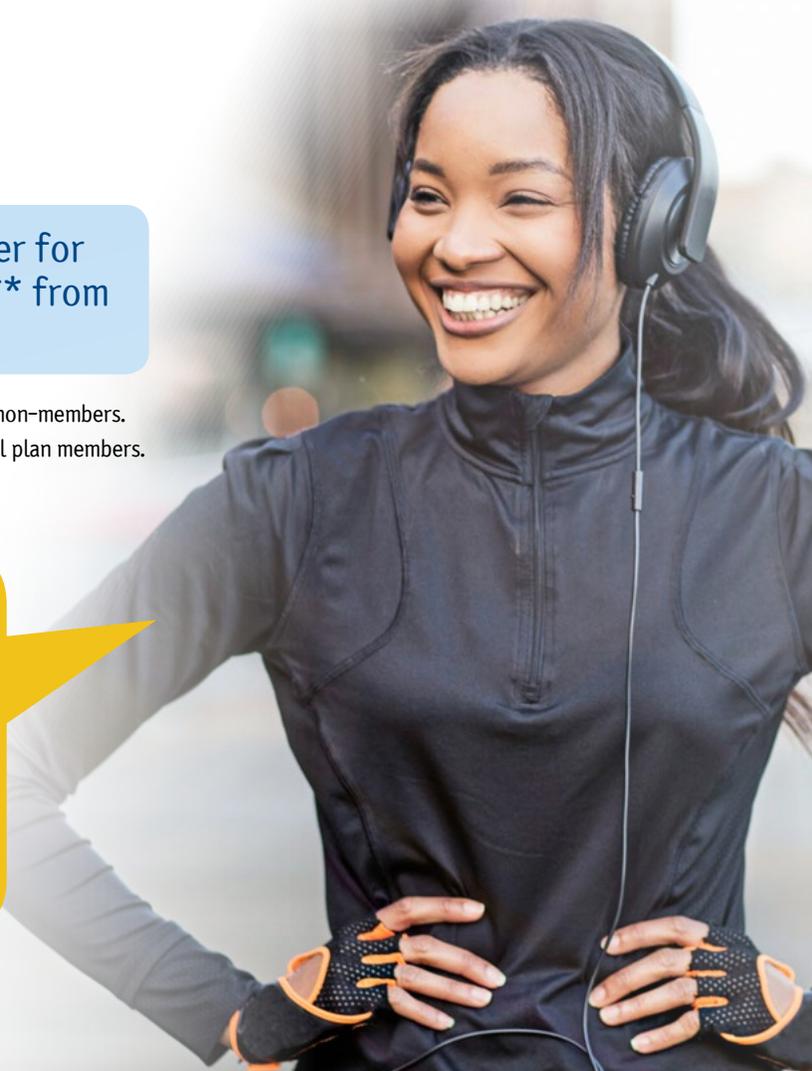
**Phone:** 936-709-7808

**Email:** [benefitsoffice@conroeisd.net](mailto:benefitsoffice@conroeisd.net)

**Winter break:** Conroe ISD offices will close for Winter Break from December 21, 2017 through January 5, 2018.

## In this issue:

- Employee Health Fair
- New televideo counseling services
- Making changes to your benefits
- Aetna prescription benefits
- New Teladoc® services
- Schedule your annual checkup
- Set your mind at ease



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## For Your Benefit

### Conroe ISD Employee Health & Wellness Centers:

#### 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

Both locations will be closed Christmas Day, December 25 and New Year's Day, January 1.

For more information about the Centers and to schedule your appointment online, visit [ConroeISDClinic.com](http://ConroeISDClinic.com).

#### Notes:

- Individuals enrolled in a health savings account (HSA) are not eligible to receive services from the Centers.
- Walk-ins are available at the Oak Ridge Elementary location, but we strongly encourage patients seeking a walk-in visit to call ahead to determine availability and promote a better experience for you at the clinic.



### New: Televideo counseling services

Now you can meet with a counselor anywhere — with televideo counseling services from Aetna Behavioral Health. All you need is the webcam on your computer or smart device. For each session, you'll pay:

- \$45 if you are enrolled in the Aetna Whole Health ACO/Aetna Select plan.
- 30% after the deductible if you are enrolled in the High Deductible Health Plan (HDHP).

To learn more, call MDLive at **1-888-282-2522**.



#### Live Healthy America

Discover ways to boost your health and well-being with the eight-week Live Healthy America **Step Up Your Game Challenge**. Watch for more information coming soon and plan to participate!

### Making changes to your benefits

Normally, you may choose or change benefits only during annual enrollment. However, when you have a qualified life event (such as marriage or divorce, the birth or adoption of a child, a change in your spouse's employment status, or your spouse's annual enrollment period) you may make changes to your benefits at other times during the year.

To make coverage changes, you must contact the Conroe ISD Benefits Office no later than 30 calendar days after the event.

**Important:** Remember, **calendar days** means weekends and holidays count. Also, email and voice messages to the Conroe ISD Benefits Office are time and date stamped, so be sure to leave a message if no one is available or the office is closed.

## Aetna prescription benefits

Our prescription drug formulary has changed to the Aetna Value Formulary. This may affect what you pay for a specific medication, depending on which of the four coverage tiers it falls into.

To see the tier and cost that apply to the medication you use, log in to [aetna.com](https://www.aetna.com). On your home page, look under the Manage Prescriptions icon and click "Pharmacy account & plan," then "See a list of covered drugs for my plan." You also may call Aetna Prescription Services at **1-888-792-3862** with questions about the formulary.

## New Teladoc services

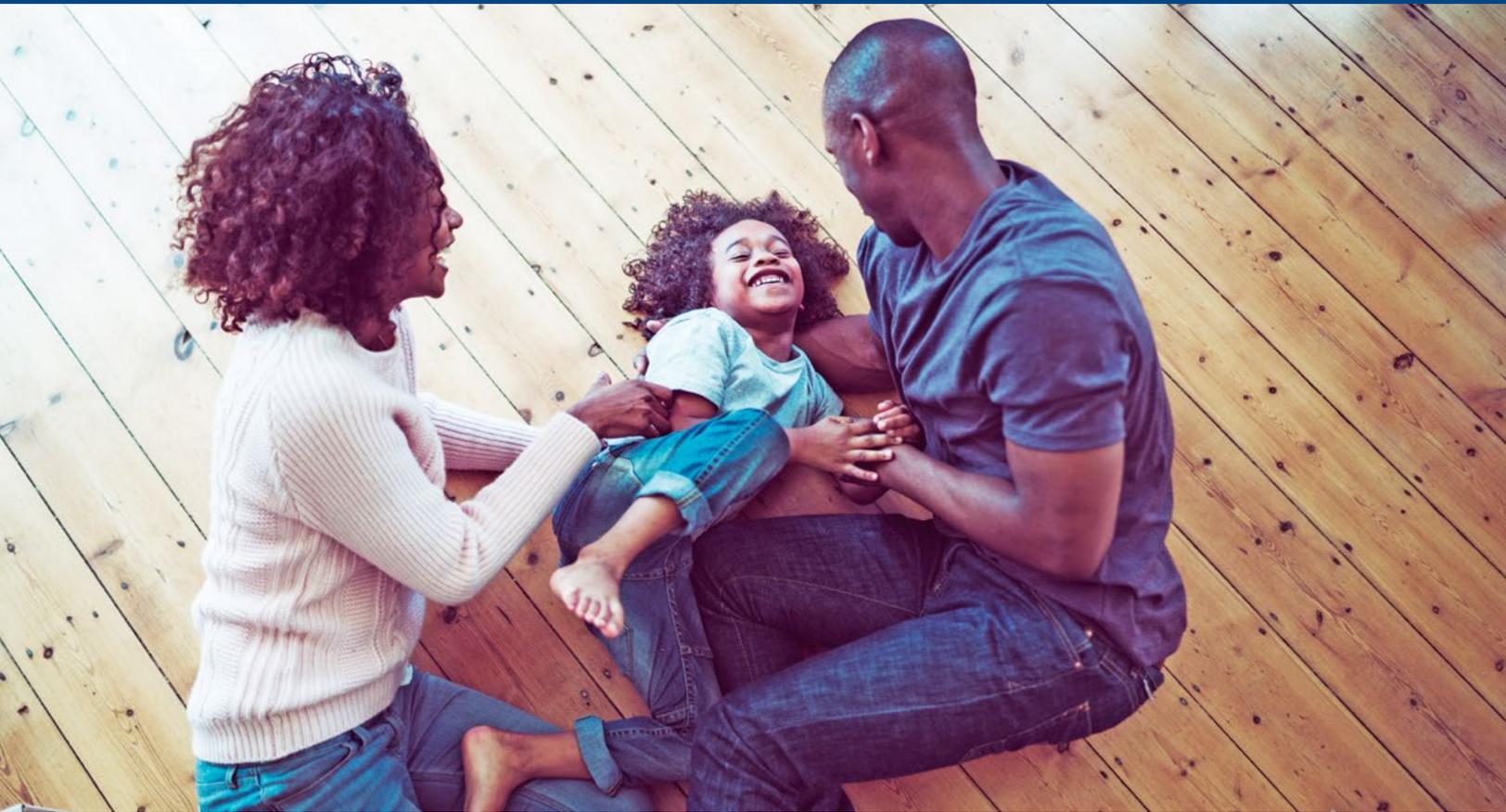
These new Teladoc services bring the professionals to you 24/7:

- **Add a care recipient:** If you are a caregiver for a non-covered family member, you can add this person to your Teladoc account. Then you can have a three-way visit between a Teladoc doctor, you and your care recipient.  
**Cost: \$45 per three-way consult.**
- **Get help for skin conditions:** Upload images of your skin condition for review by a licensed dermatologist, hear back via secure message within two business days and pick up a prescription from your local pharmacy, if needed.  
**Cost: \$75 per dermatology consult.**

To get started visit [teladoc.com/aetna](https://teladoc.com/aetna) or call **1-855-TELADOC (1-855-835-2362)**.



Teladoc lets you talk anytime with primary care doctors by phone or video consult. Get help with non-emergency problems such as colds, flu and allergies for just \$40 per consult.



## It's time to schedule your annual checkup

Routine annual physical exams are covered at 100% when you use an in-network provider or visit one of the Conroe ISD Employee Health & Wellness Centers. Remember, you can visit a Center for other types of care, too — such as treatment for common symptoms like colds, flu and minor cuts and injuries. Here's what you'll pay:

- **Aetna medical plan members** (employees and dependents age two years and over): \$10 per visit.
- **Employees who are not Aetna plan members:** \$50 per visit.

Be sure to schedule your exam today!

## Set your mind at ease

Everyday life can be challenging, to say the least. To help manage stress, be sure to work some relief into your daily routine. Regular exercise (especially outdoors), meditation, talking with friends or simply sitting quietly for 10-15 minutes a day can calm and clear your mind.

If you're feeling overwhelmed or facing a crisis, your primary care doctor can assist with finding resources for you. Asking for help is a sign of strength and self-awareness that can put you on the road to a happier, healthier life.

## Wishing you and your family good health in 2018!