

for your Benefit

Summer 2018 Employee Benefits Newsletter



It's annual enrollment time!

Annual enrollment starts July 1, 2018, and continues through July 31, 2018. During this period, all employees (full-time, part-time, substitute, and temporary) have the opportunity to add or make changes to their benefits.

Important: Enrollment is active — this means you must submit your elections even if you are not making any changes, or you are declining all coverage.

Enrolling is easy

To enroll, you will use the online enrollment system. You'll find instructions for using the system in the 2018-2019 Annual Enrollment Quick Reference Guide included with this newsletter.

The guide contains information about annual enrollment, your plan options, and changes for the 2018-2019 plan year. For a more comprehensive guide, visit www.conroeisd.net/hr/benefits. You can request a hard copy by contacting the CISD Benefits Office at 936-709-7808 or BenefitsOffice@conroeisd.net.

In this issue:

- Mammograms go mobile
- Non-emergency health care options
- Power of 8 summer wellness challenge

The Benefits Office is ready to help

Staff members are here for answers and information.

Summer office hours, June 4 to July 20, 2018:

Monday–Thursday, 7:30 a.m. to 5:30 p.m., closed Fridays

Regular office hours resume July 23, 2018:
Monday–Friday, 8:00 a.m. to 4:30 p.m.



Get your mobile mammogram

During July, Assured Imaging will bring their mobile coaches to the locations below for onsite mammography screenings:

The Woodlands College Park High School

3701 College Park Dr., The Woodlands, TX 77384

Wednesday, July 18 and Monday, July 30, 8:30 a.m. to 4:30 p.m.

Conroe High School 9th Grade Campus

400 Sgt. Ed Holcomb Blvd. North, Conroe, TX 77304

Thursday, July 12 and Tuesday, July 24, 8:30 a.m. to 4:30 p.m.

Do something good for you

Early detection and advances in treatment mean fewer women are being diagnosed with breast cancer and more are living longer once diagnosed.

In its early stages, breast cancer has no symptoms, which is why screening is vitally important. A routine mammogram can find breast cancer even before a tumor can be felt. So do something good for you — mark your calendar and plan to have your mammogram at one of the locations shown above.

Here's another reason to get screened: 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*!

*Provided and distributed by Assured Imaging

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:

Go to www.assuredimaging.com/conroeisd and select an appointment time, or call 1-888-233-6121. Your insurance information will be verified when you make your appointment, so have your medical ID card handy.

How to prepare for your appointment:

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

When you need help in a hurry

Convenient options for non-emergency care

When it's a life-threatening emergency, there's no doubt — the hospital emergency room (ER) is the right place to go. But if a life is not in danger, you have better, less costly options.

- Walk-in clinics can treat minor illnesses like strep throat, seasonal allergies, or an ear or eye infection.
- Urgent care centers can treat problems that are not minor without being life-threatening. Examples include a sprain, fracture, or fever.

Always use your best judgment when seeking treatment for yourself and your family. If you have chest pain, trouble breathing, extensive bleeding, or other symptoms you believe put your life at risk, you should go to the ER.

Find facilities near you

Aetna's provider search tool lets you view the most up-to-date list of in-network walk-in clinics and urgent care centers. Just log in to aetna.com and look under "Find Care" on your home page. You can use your desktop, laptop, or the Aetna Mobile app on your cell or tablet to access the tool.

We've included the following list for your convenience. It shows facilities within a 25-mile radius of ZIP code 77304 (Conroe). Results are listed alphabetically by city then by name, and the list is current as of May 2018. Providers are subject to change. It is your responsibility to check the provider's network status at the time of service.



WALK-IN CLINICS

<p>Healthcare Clinic (inside Walgreens) 16211 Spring Cypress Road, Cypress, TX 77429 1-855-925-4733</p>	<p>Healthcare Clinic (inside Walgreens) 19710 Holzwarth Road, Spring, TX 77388 1-855-925-4733</p>	<p>MinuteClinic (inside CVS/pharmacy) 3705 FM 1488 Road, The Woodlands, TX 77384 1-866-389-2727</p>
<p>MinuteClinic (inside CVS/pharmacy) 12550 Louetta Road, Cypress, TX 77429 1-866-389-2727</p>	<p>MinuteClinic (inside CVS/pharmacy) 24802 Aldine Westfield, Spring, TX 77373 1-866-389-2727</p>	<p>RediClinic Indian Springs (inside HEB) 10777 Kuykendahl Road, The Woodlands, TX 77382 1-855-237-3348</p>
<p>RediClinic Cypress (in front of HEB) 14100 Spring Cypress Road, Cypress, TX 77429 1-855-237-3348</p>	<p>MinuteClinic (inside CVS/pharmacy) 3850 FM 2920 Road, Spring, TX 77388 1-866-389-2727</p>	<p>RediClinic North Woodlands (inside HEB) 3601 FM 1488, The Woodlands, TX 77384 1-855-237-3348</p>
<p>MinuteClinic (inside CVS/pharmacy) 5603 FM 1960 Road West, Houston, TX 77069 1-866-389-2727</p>	<p>MinuteClinic (inside CVS/pharmacy) 25110 Grogans Mill Road, Spring, TX 77380 1-866-389-2727</p>	<p>Healthcare Clinic (inside Walgreens) 26288 Kuykendahl Road, Tomball, TX 77375 1-855-925-4733</p>
<p>RediClinic Kingwood (inside HEB) 4517 Kingwood Drive, Houston, TX 77345 1-855-237-3348</p>	<p>MinuteClinic (inside CVS/pharmacy) 8754 Spring Cypress Road, Spring, TX 77379 1-866-389-2727</p>	<p>Healthcare Clinic (inside Walgreens) 11970 Spring Cypress Road, Tomball, TX 77375 1-855-925-4733</p>
<p>RediClinic Vintage Park (in front of HEB) 10919 Louetta Road, Houston, TX 77070 1-855-237-3348</p>	<p>RediClinic Spring (inside HEB) 130 Sawdust Road, Spring, TX 77380 1-855-237-3348</p>	<p>MinuteClinic (inside CVS/pharmacy) 24048 Kuykendahl Road, Tomball, TX 77375 1-866-389-2727</p>
<p>Healthcare Clinic (inside Walgreens) 24917 FM 1314 Road, Porter, TX 77365 1-855-925-4733</p>	<p>RediClinic Woodlands-Creekside (inside HEB) 26500 Kuykendahl Road, Spring, TX 77389 1-855-237-3348</p>	<p>RediClinic Tomball (inside HEB) 28520 Tomball Parkway, Tomball, TX 77375 1-855-237-3348</p>
<p>MinuteClinic (inside CVS/pharmacy) 23865 FM 1314 Road, Porter, TX 77365 1-866-389-2727</p>	<p>Healthcare Clinic (inside Walgreens) 8000 Research Forest Drive, The Woodlands, TX 77382 1-855-925-4733</p>	

URGENT CARE CENTERS

<p>CareNow Urgent Care – Conroe 1150 West Dallas Street, Conroe, TX 77301 713-955-4510</p>	<p>CareNow Urgent Care – Kingwood 300 Northpark Drive, Kingwood, TX 77339 281-310-8445</p>	<p>Memorial Hermann Urgent Care – Spring 19711 Stuebner Airline Road, Suite 1, Spring, TX 77379 832-658-5450</p>
<p>Family 1st Urgent Care 2101 South Loop 336 West, Suite 100, Conroe, TX 77304 936-235-2825</p>	<p>MedSpring Urgent Care 1450 Kingwood Drive, Kingwood, TX 77339 832-548-4420</p>	<p>Next Level Urgent Care – Champions 15882 Champion Forest Drive, Spring, TX 77379 281-809-6615</p>
<p>Next Level Urgent Care – Conroe 1246 North FM 3083 Road, West, Suite B, Conroe, TX 77304 281-783-8162</p>	<p>NextCare Urgent Care – Kingwood 1331 North Park Drive, Kingwood, TX 77339 281-359-5330</p>	<p>NextCare Urgent Care – Spring 1104 Rayford Road, Suite 500, Spring, TX 77386 281-825-3265</p>
<p>Urgent Clinics Medical Care – The Woodlands 3600 FM 1488 Road, Suite 200, Conroe, TX 77384 936-447-9812</p>	<p>CareNow Urgent Care – Woodlands West 10422 Research Forest Drive, Magnolia, TX 77354 832-702-7699</p>	<p>Oaks Urgent Care 25410 IH 45 North, Spring, TX 77386 281-367-1414</p>
<p>Excel Urgent Care 25801 US Hwy 290, Cypress, TX 77429 281-304-1100</p>	<p>Davam Urgent Care 6022 FM 1488 Road, Magnolia, TX 77354 281-583-1980</p>	<p>Sublime Urgent Care 2490 FM 2920 Road, Spring, TX 77388 281-636-0493</p>
<p>AFC Urgent Care Vintage 10850 Louetta Road, Suite 1500, Houston, TX 77070 281-666-9981</p>	<p>Medella Urgent Care – Magnolia 18535 FM 1488 Road, Suite 210, Magnolia, TX 77354 346-808-3670</p>	<p>Urgent Care for Kids – Spring 24230 Kuykendahl Road, Suite 210, Spring, TX 77389 281-357-0825</p>
<p>Champions Urgent Care 4950 Cypress Creek Parkway, Suite A-6, Houston, TX 77069 281-444-1711</p>	<p>CareNow Urgent Care – Montgomery 20042 Eva Street, Suite 120, Montgomery, TX 77356 936-207-2525</p>	<p>Texas Children's Urgent Care – The Woodlands 4775 West Panther Creek Drive, Suite 300, The Woodlands, TX 77381 281-417-0870</p>
<p>Medella Urgent Care – Vintage Park 10130 Louetta Road, Suite L, Houston, TX 77070 346-808-3670</p>	<p>NextCare Urgent Care – Montgomery 15320 Hwy 105 West, Suite 120, Montgomery, TX 77356 936-582-5660</p>	<p>Urgent Care for Kids – The Woodlands 1640 Lake Woodlands Drive, Suite E, The Woodlands, TX 77380 281-367-0010</p>
<p>Texas Children's Urgent Care – The Vintage 10420 Louetta Road, Suite 104, Houston, TX 77070 281-251-0269</p>	<p>Houston Northwest Urgent Care Center 7306 Louetta Road, Suite A106, Spring, TX 77379 281-587-3400</p>	<p>FastMed Urgent Care 14080 FM 2920 Road, Suite A, Tomball, TX 77377 832-843-7135</p>
<p>Westfield Urgent Care 2010 FM 1960 East, Houston, TX 77073 281-821-8200</p>	<p>Memorial Hermann Urgent Care – Benders Landing 4057 Riley Fuzzel Road, Suite 1100B, Spring, TX 77386 281-602-0450</p>	

Conroe ISD Employee Health & Wellness Centers

SOUTH COUNTY

SUMMER HOURS

June 4 - August 5, 2018

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 6, 2018

Monday
8:00 a.m. to 6:00 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 Thursday
7:30 a.m. to 4:30 p.m.

Friday
7:30 a.m. to 12:00 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.



Join a Live Healthy America summer wellness challenge

Conroe ISD is partnering once again with Live Healthy America to offer wellness challenges for the whole you. Get ready to grow mentally, emotionally, financially, and socially this summer with the fun, optional, individual challenges described below.

Power of 8

Power of 8 consists of unique challenges that provide three to five different programs within eight well-being focal points:

Purpose	Set goals and create 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

Need help?

Call Live Healthy America at
1-888-282-0822 or email
info@navigatewell.com.

How 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 do not have an account, click "Join Now" on the right side of the screen.

Have a happy, healthy summer 2018!

Take advantage of the resources in this newsletter to live well and stay well this summer.

