

for your Benefit

Happy New Year!

Take time for a healthier, happier you with the help of the resources in this newsletter.



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Employee Health Fair

We invite you and your family to join us in celebrating our 12th annual Employee Health Fair!



When

Saturday, January 25
8:30 a.m. to 12:00 noon

Where

**The Woodlands College
Park High School**

3701 College Park Drive,
The Woodlands, TX 77384

There is something for everyone, including:

- **Health screenings** – employees and spouses enrolled in a Conroe ISD UnitedHealthcare (UHC) medical plan can receive a free biometric screening from Quest Diagnostics®*
- On-site **mammograms** and **flu shots****
- **Information** and **basic screenings** to help you take charge of your health
- Free, hands-only **CPR/AED training**
- Fun, **interactive activities** for kids
- Door prizes, product samples, and giveaways

Learn more by visiting www.conroeisd.net/hr.

*Visit www.My.QuestForHealth.com now through January 10 to pre-register for your Quest Diagnostics biometric screening (limited walk-ins available at the event).

**Flu shots are free for Conroe ISD UHC medical plan members and \$39 for non-members, unless covered by other insurance.

The CISD Benefits Office is ready to help

Benefits Specialists are here
to answer your questions.

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

936-709-7808

benefitsoffice@conroeisd.net

Employee Assistance Program

Free, confidential support to help
manage life's daily challenges.
Available 24/7/365 to all full-time
Conroe ISD employees and their
families, including any member
of the household and
children up to age 26,
even if the child does
not live with you.

Phone: 1-800-475-3EAP (3327)

Web: www.supportlinc.com

Email: support@curalinc.com

Mobile app: eConnect® Mobile by
CuraLinc Healthcare

Twitter: @supportlinc

CISD SSO Portal: Use the EAP tile on the
District Quick Links tab



Heart disease basics

Important facts to know about this condition as we approach the heart month of February



Heart disease is a serious condition that is, unfortunately, very common. It is the leading cause of death for both men and women. When heart disease is present, blood is not flowing to the heart, or other organs, the way it should. That can lead to additional problems such as heart attack or stroke.

The term "heart disease" includes conditions such as:

- Coronary artery disease (CAD)
- Heart failure
- Angina
- Arrhythmia
- Peripheral artery disease (PAD)



Risk factors

A number of factors can put you at risk for heart disease. Some of these things are out of your control, such as age and heredity, but there are also risk factors that you can control by making healthy choices. Risk factors include:

- Age (particularly women 55 or older)
- High blood pressure
- High cholesterol
- Diabetes and prediabetes
- Smoking
- Being overweight or obese
- Being physically inactive
- Family history of early heart disease
- History of preeclampsia during pregnancy
- Unhealthy diet

Some ethnic groups are more likely to get heart disease. This includes African Americans, Native Americans, Asians, Pacific Islanders, and Hispanics.





Steps you can take

Following a healthy lifestyle can help protect your heart and help prevent a variety of other health problems. Here are a few tips that are basic but powerful:



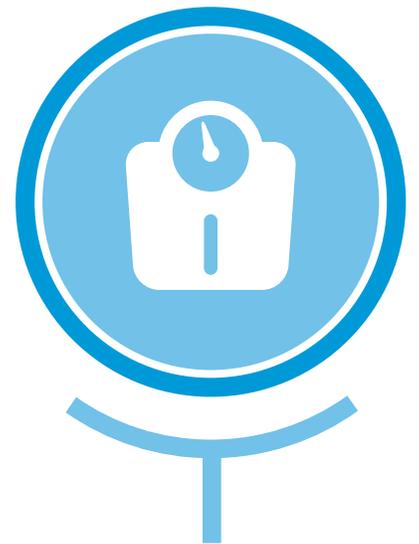
QUIT SMOKING

Have you tried to quit but slipped back? Do not give up. It sometimes takes a few tries before it sticks. Also, if you do not smoke, do not start.



EAT HEALTHY FOODS

Focus on fruits, veggies, and fiber-rich whole grains. Other good choices include low-fat dairy products, lean proteins, and unsalted nuts and seeds. At the same time, cut back on foods that are high in sodium, added sugars, saturated fat, and trans fats.



MAINTAIN A HEALTHY WEIGHT

Losing excess pounds is good for your heart. Ask your doctor what weight is right for you.



Making changes to your benefits

Normally, you may choose or change benefits only during annual enrollment. However, when certain life events occur (spouse's open enrollment, marriage, birth, employment changes, etc.), you can make changes to your benefits.

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

Important to know:



Calendar days include weekends and holidays.



Newborn

To ensure your **newborn** is covered, you must submit a **change request** to the CISD Benefits Office by the 31st day of life, even if you already have family or child coverage.



Email and voice messages sent to the CISD Benefits Office are time- and date-stamped, so be sure to leave a message if no one is available or the office is closed.



EXERCISE REGULARLY

For safety's sake, talk with your doctor before significantly increasing your activity level, especially if you have a health condition. If you have been inactive, start slowly. Most healthy adults should aim for at least 2.5 hours of moderate aerobic exercise a week. Add strength exercises on two or more days a week.



TAME TENSION

Excess stress and anxiety affect well-being, including heart health. They may trigger unhealthy coping strategies, such as overeating, problem-drinking, and smoking, which can raise blood pressure. The next time you feel stress or anger building, give yourself a quick timeout, and take a few calming breaths. Deep, slow breathing may help soothe your mind and body.

Resources for UnitedHealthcare medical plan members



Download the
UnitedHealthcare app



Take advantage
of Concierge
services



Get personalized
health
recommendations

Free mobile app

The **UnitedHealthcare app** replaces the Health4Me® app and puts your plan at your fingertips. When you are out and about, you can do everything from managing your plan to getting convenient care. Just download the app to:

- Find nearby care options in your network
- Estimate costs
- Video chat with a doctor 24/7
- View and share your health plan ID card
- See your claim details and view progress toward your deductible
- Log on easily with Touch ID®

Enrolled in the Charter Kelsey-Seybold plan?

Take advantage of enhanced personalized service from the complimentary Kelsey-Seybold Clinic Concierge, exclusively for UnitedHealthcare Charter Kelsey-Seybold plan members. Services include:

- Personalized assistance scheduling appointments and selecting physicians
- Help finding nearby clinic locations
- Expert guidance regarding specific services available at each location
- Assistance with Kelsey-Seybold billing questions
- Expert help resolving questions and concerns about the Charter plan

The Kelsey-Seybold Concierge is like having a personal assistant and a health care advocate rolled into one. Your Concierge can help you address your special needs and maximize your plan benefits. Speak to a Concierge by calling **713-442-2304**, Monday – Friday, 8:00 a.m. to 5:00 p.m.

Rally® health experience

Learning how to live healthy is easier when you have some help to find your way – that's what Rally is all about. It is a website and mobile app that helps you learn simple ways to take care of yourself – from being more active to eating better.

When you start making small changes and adding healthy habits to your everyday life, you start moving toward better health management, which helps you live a full, active life. Rally makes it easy to make small changes, step by step, with a custom-created program designed to help you live healthier.

- **See your Rally age** – start by taking a health survey to see your Rally age – a measure of your overall health.
- **Accept your missions** – based on your Rally age, you will get a list of easy, fun, custom-picked missions to try – all designed to help you eat better, lift your fitness level, and improve your mood.
- **Take on a challenge** – use the Rally app to track your activity and compete with other Rally members to earn extra rewards.
- **Connect with a coach** – talk on the phone and work together to create a personalized healthy-living plan that works with your lifestyle.

Earn Rally coins when you complete your missions, complete a challenge – or even just for logging in once a day. You can use the coins for chances to win rewards for all that good work!

Rally is available at no additional cost to you as part of your CISD health plan benefits.

Get started today at myuhc.com.





Conroe ISD Employee Health & Wellness Center

🕒 Office Hours

Monday - Thursday
7:00 a.m. to 6:00 p.m.

Friday
7:00 a.m. to 4:00 p.m.

Saturday
7:30 a.m. to 12:30 p.m.

Sunday - Closed

📍 Location

**Located on the Oak
Ridge Elementary
School Campus**

19675 I-45 South, Suite 100
Conroe, TX 77385

Phone: 281-465-2873

Reminders

- Appointments are preferred and should be scheduled in advance for physicals and well-person, follow-up, and chronic care visits.
- Walk-in patients for sick visits and acute care needs will be taken up to 45 minutes prior to closing time or when the clinic reaches maximum capacity. We encourage patients to call ahead for availability.
- Individuals enrolled in a health savings account (HSA) are not eligible to receive services from the Center.

For more information and to schedule an appointment, visit ConroeISDClinic.com.



Three health goals worth sticking to in 2020

The new year brings new opportunities to reshape your health and start afresh — to recharge your mind, body, and soul. With so many diet and exercise options, it can be hard to decide which healthy lifestyle change to embrace and, most importantly, which ones you can stick to.

To ease your burdens, here are three recommended health goals worth sticking to in 2020:



1. Practice self-care

Self-care is about taking care of yourself to improve your emotional, physical, and mental well-being. It is vital to relax, slash stressors, and create calm within your world. Renewing your mind can help you succeed at exercising, eating better, and working smarter. Start and end your day with rituals. Peaceful pauses in the early hours curb chaos and boost productivity throughout the day, and good bedtime habits can improve sleep. Build barriers between work and home — unplugging gives you the freedom to focus on personal goals.



2. Get moving with mobile health apps

It is no secret that daily exercise can improve your health. To improve your fitness results, use a mobile health app. They are convenient, easily accessible, and many are free. From step counters to aerobics videos, and live-streaming workout classes to virtual trainers, with a health app, a workout is right at your fingertips, leaving you with no excuse not to burn calories.



3. Eat your fruits and veggies

According to Harvard University, diets rich in fruits and vegetables reduce risk of heart disease and stroke, can lower blood pressure, prevent some types of cancer, and have a positive effect on blood sugar, which can help regulate your appetite. They are also dense in nutrients. The U.S. Department of Agriculture recommends five servings of vegetables per day and four servings of fruit. Yet, according to the Centers for Disease Control and Prevention, only one in 10 adults gets enough fruits and vegetables. Help get your daily servings by adding spinach and mushrooms to your eggs, blending kale into your smoothies, and choosing an apple or orange for your afternoon snack.

