ROCKWALL COUNTY WELLNESS NEWSLETTER

January Wellness Information & Opportunities



- The Wellness Program of Rockwall County provides employees with an opportunity to improve their health. Employees who are part of the county medical plan can engage in various wellness activities and earn tickets for their participation. These tickets will then be entered into quarterly prize drawings.
  For detailed information on activities eligible for wellness tickets, click on the Wellness Program Explanation to the right.

- 1/5/26 December Exercise Logs Due: Send your completed December exercise log to kruff@rockwallcountytexas.com. If you met the challenge, 4 tickets will be placed in the quarterly random prize drawing for you. Remember, you can keep up the good work by participating every month. Exercise Log Link

- Saturday, 1/10-Run for the Call (5K, 1m, or Virtual Run). Send a picture of you with your runner's tag on to kruff@rockwallcountytexas.com and receive a ticket in the next quarterly random wellness drawing.

  Run for the Call supporting Copline which is the national crisis hotline for law enforcement officers. This will be the inaugural run benefitting CopLine and hosted by the Texas Municipal Police Association. All funds will go directly to CopLine to assist with their needs in helping first responders in crisis.

  Run for the Call details & sign up

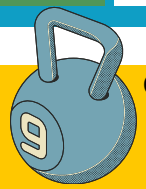
1/13/26 National Rubber Ducky Day

- First developed as a children's chew toy.
- In 1992, a storm caused 28,000 rubber ducks to fall overboard while en route to Washington. These ducks reportedly floated north to the Arctic, became trapped in ice, and later thawed into the Atlantic Ocean. Many are still afloat and frequently wash up on shores worldwide.
- The largest rubber duck race was in 2019 where over 200,000 floated down the River Thames.
- The Rubber Duck Regata takes place right here in Rockwall, Texas where thousands of Rubber Ducks race toward the finish at the Harbor. All proceeds of this family fun event go to The Boys and Girls Club of Northeast Texas and Grace Clinic.

Click HERE for the Teledoc Health Newsletter. This month includes:

- **Realistic routines you can build.**
- **Maintaining balance for fewer injuries.**
- **Which fruits and vegetables give you the most benefits & great recipes too.**

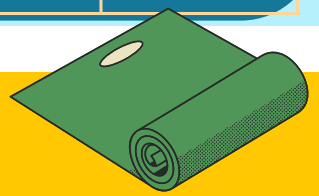




Get ready for an exciting new step challenge coming this March!

SPRING INTO FITNESS

Details & Sign Up coming soon

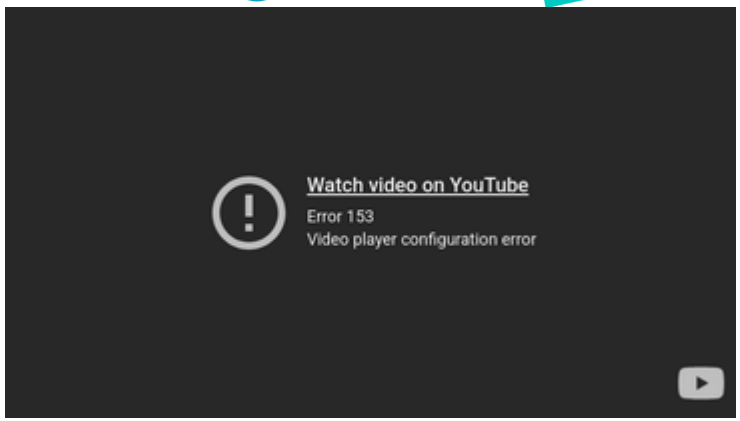




Be sure to send your Christmas Luncheon selfies to kruff@rockwallcountytexas.com to include in this year's holiday employee slideshow.

This year, Rockwall County successfully raised $425.00 in donations for the Helping Hands Gift Cards for Teens Program. A heartfelt thank you goes out to everyone who contributed!

Need a little relief from the busy holiday season? Take a minute to enjoy the calming sounds of nature.



Congratulations

PRIZE WINNERS CAN PICK UP THEIR $50.00 AMAZON GIFT CARD AT THE HUMAN RESOURCES OFFICE. EMAIL KRUFF@ROCKWALLCOUNTYTEXAS.COM TO SCHEDULE A TIME TO PICKUP YOUR GIFT CARD

Tina Hughes	John Todd	Cara Autrey
Conrad Rodriguez	Maria Harvey	Sherri Moreno
Sandra Gonzalez	Rachel Johnson	Alejandra Lopez
Danielle Montgomery	Knox Oakley	Vaischon Parker
Deborah Hamon	Alan Timberlake	Kayla Scott



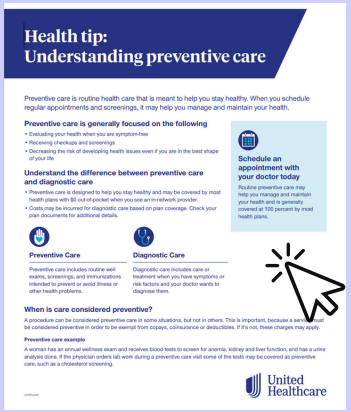
Congratulations to our 4th Quarter Random Wellness Drawing Winners! Each won a $50.00 Amazon Gift Card.

January
Wellness Newsletter

- How to find a Primary Care Doctor

Preventative Care





- Know Your Health Numbers
- Preventative Care Checklist: Common Tests & Screenings for your Age
- Healthy Pregnancy
- Teledoc Health 24/7 Care: What to know about this benefit
- How to set up your Teladoc Health account

4 Tips to Prepare for Winter Weather Risks



Cold Weather & Wintertime Safety

Wintertime Safety

Understanding Cervical Cancer



Take the Quiz: Cervical Cancer

Cervical Health Awareness

Control the Controllable: Cancer Screenings and Prevention

Cervical Cancer Early Detection, Diagnosis, and Staging

County Healthplan Resources

Have you downloaded the UHC app? Find care, check your plan balances, and access your medical, dental, and vision cards. Click HERE for more information.

Member Assistance Program

Our 'MAP' includes counseling services and legal and financial consultations.
Access the MAP online for additional resources:

1. Visit liveandworkwell.com
2. Browse with an access code: FP3EAP
3. Select View My Benefits
4. Select Financial and Legal services or Emotional Wellbeing Solutions at the top.

Need help now? For a mental health crisis, call or text 988, or 988lifeline.org

Teladoc HEALTH

Flexible programs to improve your health on your terms.

Discover a one-of-a-kind approach to managing chronic conditions.
*Diabetes Management
*Hypertension Management
*Diabetes Prevention Program

Click here for Condition Management Frequently Asked Questions

Benefits Advocacy Center

Have questions regarding your coverage or need help with benefits?
Call the *Benefits Advocacy Center*:
(833) 230-4478
or email bac.rockwallcountytx@ajg.com

Schedule your annual doctor & dental visits today.
Find a UHC provider

growththerapy

Did you know that UHC offers coverage for both in-person and virtual therapy through Grow Therapy? Simply enter your insurance details, explore tailored results, check out provider profiles, and schedule your appointment. Please note that employees are responsible for their copay.

growtherapy.com

County Microsite

Access the Rockwall County Microsite by clicking HERE. This website provides valuable information and resources related to benefits and actions you may need.
Username: rockwall
Password: benefits4rockwall

Wellness Discounts for Rockwall County Employees

North Texas Nutrition Associates

Planet Fitness Discount

Phoenix Nutrition Bar BOGO

Want access to past Wellness Newsletters and Lunch & Learn Presentations?
Rockwall County Intranet.

Wellness Program Information



Rockwall County Employee Annual Physical Verification Form

Rockwall County Spousal Annual Physical Verification Form