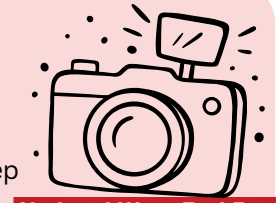
WELLNESS NEWSLETTER

ROCKWALL COUNTY

February Wellness Information & Opportunities

2/5/26 January Exercise Logs Due: Send your completed January 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





2/6/26 National Wear Red Day: Wear **RED** on Friday, February 6 for National Red Day. Take a picture of yourself or your department sporting red and send to kruff@rockwallcountytexas.com to receive 1 wellness ticket for each Rockwall County Employee pictured. Select the picture to the right for more information about National Wear Red Day.

2/20/26 Lunch & Learn: Rebalance Your Brain presented by Michelle Gifford, from Texas Association of Counties. All participants receive a wellness ticket for the Quarterly Random Wellness drawing.
Sign Up Here

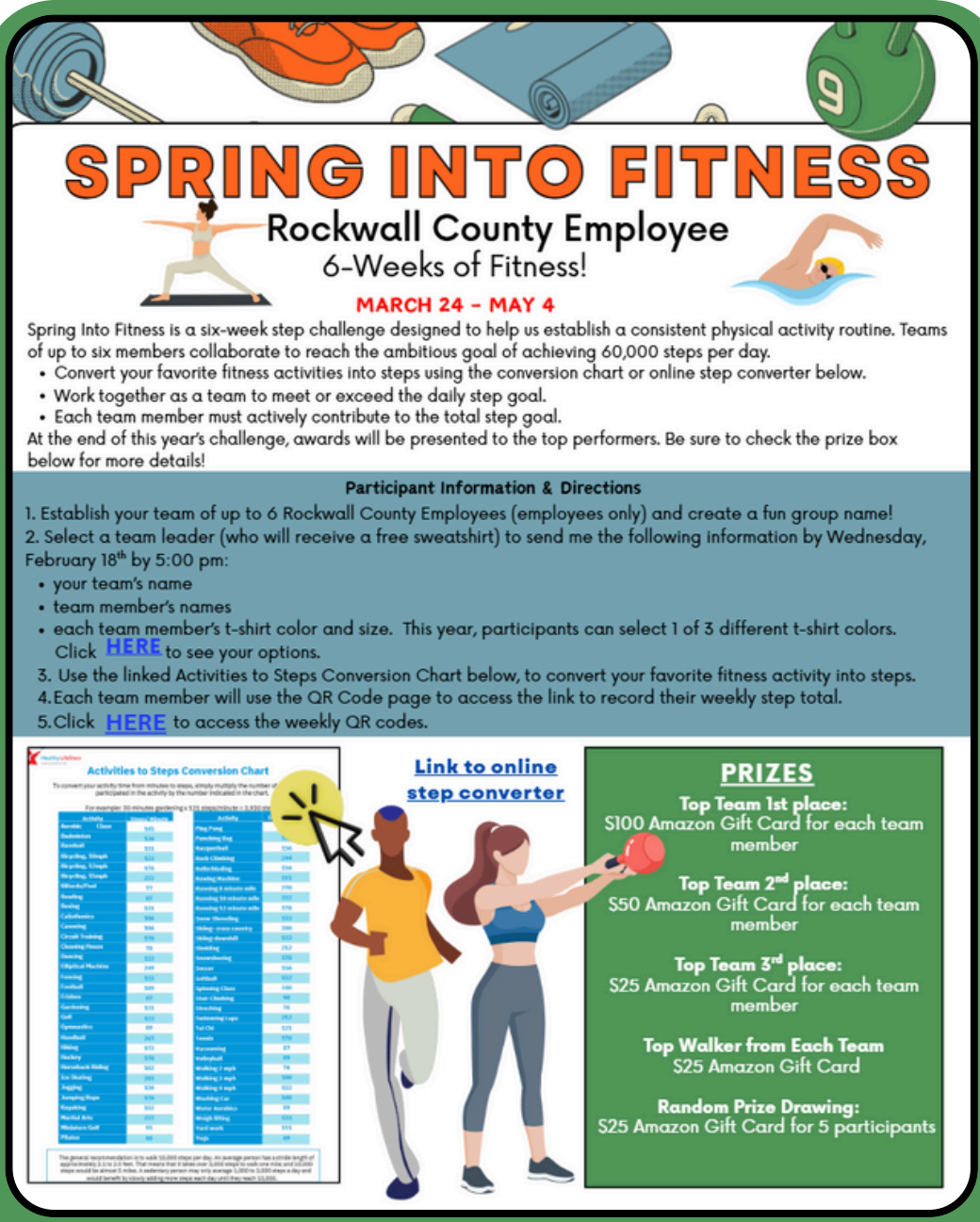
Teladoc February Resources.
Click the articles below to learn more.







National Comfy Day invites you to embrace comfort by releasing the need for perfection, savoring delightful comfort foods, and participating in activities that encourage relaxation and leisure. Discover your favorite cozy spot at home and take some time to unwind.







All participants recieve a Spring into Fitness t-shirt and lapel pin.

February
Wellness Newsletter

National Heart Health & Eye/Vision Awareness

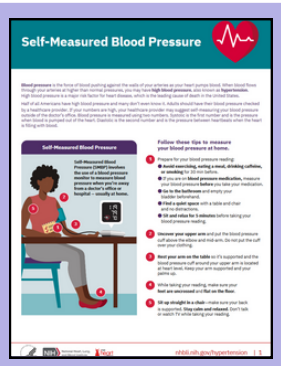
Take Action for Your Heart:
Get Started!
Click the heart to learn more.

Heart Health

5 Uncommon ways to reduce your risk of heart disease



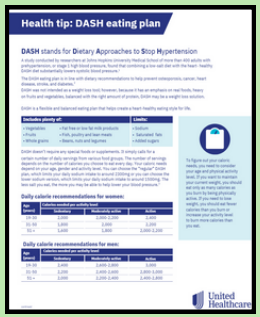
Top 10 Things to Know About the New AHA/ACC High Blood Pressure Guideline



Recognizing heart attack and stroke symptoms



DASH EATING PLAN





10 better-for-blood pressure crunchy snacks

Eye health

Digital Eye Strain UHC Presentation





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

growthertherapy

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.

growthertherapy.com

UHC Virtual Care Information

United Healthcare has 3 options for 24/7 Virtual Visits. Click HERE for more information and QR Code directions.

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