ROCKWALL COUNTY WELLNESS NEWSLETTER

March Wellness Information & Opportunities

3/5/26 February Exercise Logs Due: Send your completed February 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

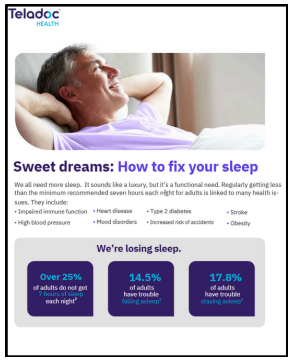
3/6/26 Wear BLUE for Dress in Blue Day. Dress in Blue Day is the first Friday in March that promotes National Colorectal Cancer Awareness Month. Receive a wellness ticket for the quarterly random wellness drawing for sending a picture of you and or your team wearing blue to kruff@rockwallcountytexas.com.

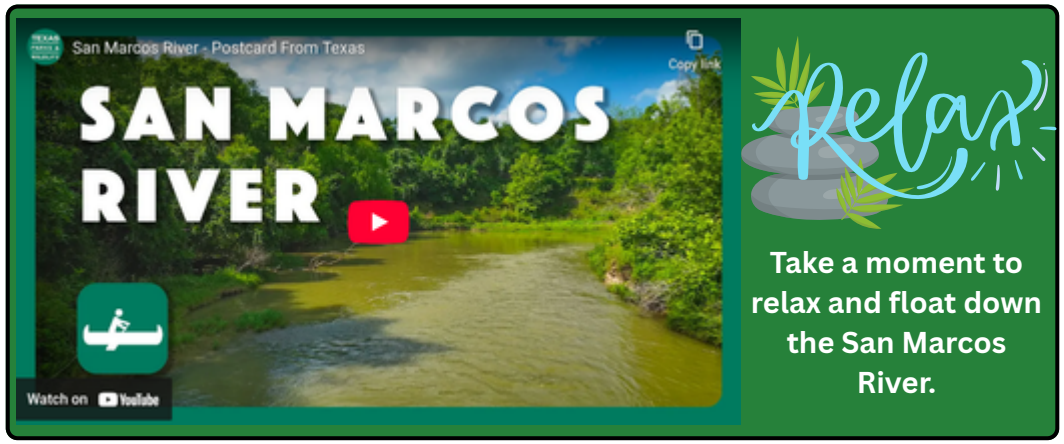
March 24th-May4th Spring into Fitness: Even if you didn't make the t-shirt deadline, you can still take part in Spring into Texas! Simply send your team members and team name to kruff@rockwallcountytexas.com by **Tuesday March 17th**, and your team will be eligible to participate and compete for prizes! For more details, see information on the right.

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









Take a moment to relax and float down the San Marcos River.



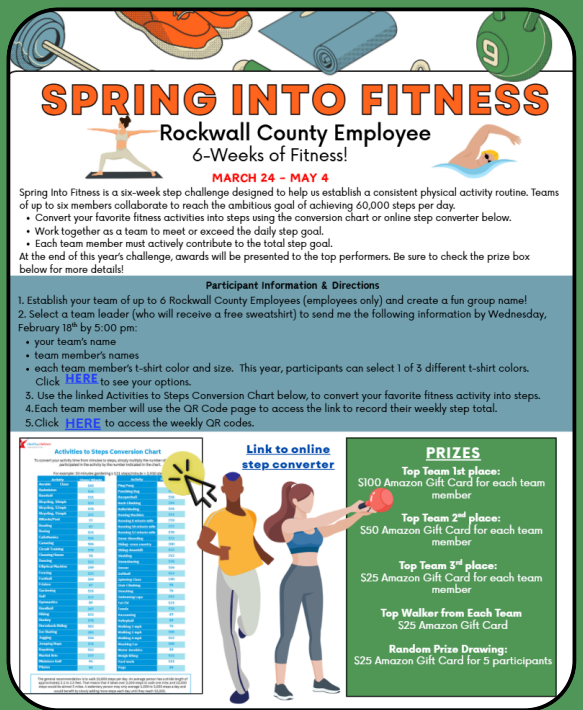
This is a week most of us can get behind! Celebrate by trying one recipes below by trying to utilize this yummy ingredient in a healthier way.

Chocolate Zucchini Brownies

Oatmeal Chocolate Chip Cookies

Flourless Banana Chocolate Chip Mini Muffins

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March
Wellness Newsletter

Nat'l Colorectal Cancer Awareness

Understanding Colon Cancer

5 things you can do to keep your colon healthy

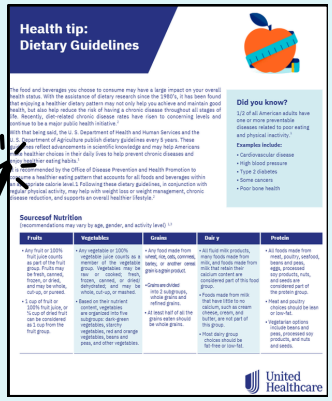
Understanding Digestive Health

Take the Quiz: Colorectal Cancer

Colorectal Cancer Signs and Symptoms



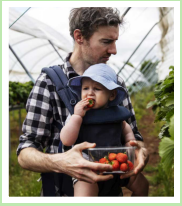
Polyps: Colon cancer culprits



Nat'l Nutrition MONTH



Nutrition tips for healthy eating

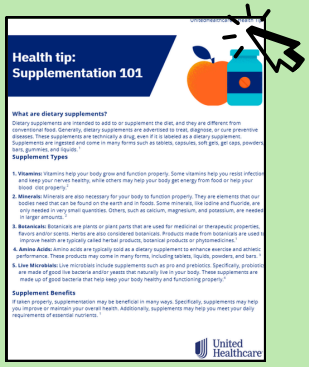


How to Meal Plan: 23 Helpful Tips



Choosing Food for Health





Live Well Monthly Newsletter

Healthier Food Swaps
Rethink Your Drink
Culinary Medicine
Pizza Casserole Recipe

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