April WELLNESS NEWSLETTER

ROCKWALL COUNTY

Wellness Information & Opportunities

This is a reminder that employees and spouses on the County Health Plan must have an annual physical between August 1, 2025, and September 30, 2026. There will be a $50 surcharge per paycheck for medical insurance beginning January 1, 2027, if we do not have an annual physical on record ($100 if both employee and spouse are enrolled). This requirement does not apply to children. If you receive your annual physical at a clinic that does not file on the County Health plan, you and your doctor will need to complete the attached verification form and email it to kruff@rockwallcountytexas.com or deliver it to Human Resources.

2027 Employee Annual Physical Verification Form
2027 Spousal Annual Physical Verification Form

4/5/26 March Exercise Logs Due: Send your completed March 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

4/16/26 Carter Mobile Blood care will be at the Rockwall County Library from 10:00 am to 4:00pm. All blood donors will receive 3 Wellness tickets for the quarterly random drawing. Sign Up

4/24/26 Cooking Demo: Grab your fork and join Katherine Tom from North Texas Nutrition for her session on 'Eating for Optimal Metabolism.' 20 seats available so be quick and reserve your spot. Sign Up

5/8/26 Rockwall Body & Soul: 15-minute employee massages in the Multipurpose room of the Rockwall County Annex.
There are 32 available time slots for 15-minute massages, offered on a first-come, first-served basis. Each participant may only sign up for one massage. This event is exclusively for Rockwall County Employees. If you can't attend your scheduled appointment, please either remove your name from the sign-up list or email: kruff@rockwallcountytexas.com so that another employee has the opportunity to sign up. Sign up

5/27/25 Hunt Regional Mobile Mammography Coach & **Bone Density Screen with Physicians Order** - For more details and to schedule an appointment, click the flyer located on the right with the butterflies. Remember you must wait 1 year from your previous mammogram for UHC coverage.

March 24th-May4th Spring into Fitness Reminders

- At the conclusion of each week of the challenge, utilize the QR code to submit your total step count or convert your fitness activities into equivalent steps. See all weekly QR Codes and links to fitness conversion charts.
- Weekly challenges will be available, offering both individual and team chances to win wellness tickets.
- ou'll receive updates on the results of weekly challenges and the cumulative steps for each team every Thursday throughout the Spring into Fitness event.

Teladoc April Resources

Click the articles to learn more.



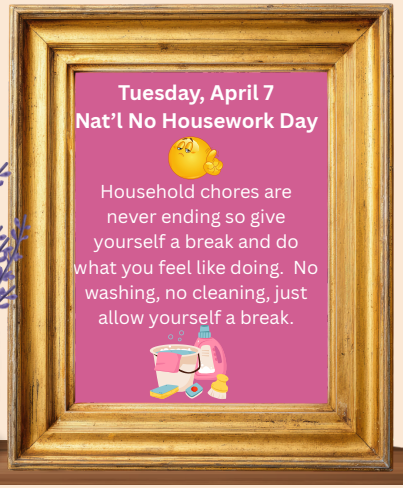
Live Well Monthly

- Health Screenings for Everyone
- Understanding Blood Test Results
- Know Your Body
- Healthy Everyday Rainbow Salad

READ MORE





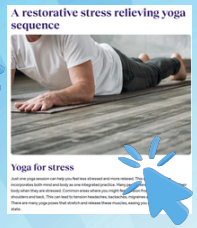




April

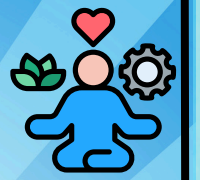
Wellness Newsletter







Stress AWARENESS



Sign up today for the Calm App at no additional cost as part of your benefits.

Follow the Member Assistance Program directions to the right. After you log in, select benefits, then select Access Calm

- LIVING WITH STRESS
- 5 HEALTHY HABITS TO EMBRACE AFTER YOUR 9-5
- 9 RECIPES THAT SERIOUSLY REDUCE YOUR STRESS LEVELS
- UHC PRESENTATION: STRESS IN THE WORKPLACE





ALCOHOL & SUBSTANCE ABUSE

UHC Presentations:

Opioid Addiction & Drug Misuse

Understanding Alcohol Use & Misuse

Articles

Substance Use Disorder

Substance Use Helpline



UHC Tip: Try an alcohol-free month to reset habits



Member Assistance Program



Our County Member Assistance Program offers Confidential help for alcohol and drug concerns, 24/7.
Call 1-855-780-5955 to talk to a trained recovery specialist.

Learn how to start the journey, find care, and build support on your road to recovery.

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 My Benefits
4. Select Substance Use Helpline or Support for Alcohol and Drug use..

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.

growtherapy.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