WELLNESS NEWSLETTER

ROCKWALL COUNTY

May Wellness Information & Opportunities

5/5/26 April Exercise Logs Due: Send your completed April 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

5/4/26 Spring into Fitness Finale: After 6 weeks of step-counting, we've reached the finish line! A massive thank you to everyone who joined in the fun. Keep those feet moving and stay on top of your fitness game! Keep an eye on your inbox, because the results and our challenge champs will be headed your way you soon!

5/8/26 Rockwall Body & Soul: 15-minute employee massages in the Multipurpose room of the Rockwall County Annex. There are still plenty of open slots available! 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.

Also offering Bone Density with a Physician's 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.



Tyler State Park

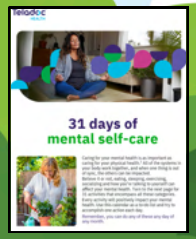


Things to Do

At Tyler State Park, you can boat, fish, swim in the lake, hike, mountain bike, picnic, camp, bird watch and study nature.
Tyler State Park features a cool, 64-acre spring-fed lake, 100-foot tall trees, and historic structures. Play at the lake, wet a hook, wander through the woods, or relax with your binoculars. You will love this peaceful get-away in Northeast Texas!
Click the photo above to learn more.

Teladoc May Mental Health Resources

Click the articles to learn more.









International Burger Day is May 28th!

No matter if you prefer beef, chicken, turkey, or vegetarian patties, click the link below to discover a healthy & delicious burger recipe that will help you celebrate!

CLICK HERE

Live Well Monthly Newsletter

Click the link above and then scroll through to read the following articles:

- Understanding Neurodivergence
- Identifying Depression
- Supporting Others Through Stressful Moments
- Easy Vegetarian Chili



Great American Grump Out



Celebrated May 6th, it's not what you think!
Too many people in line at the coffee shop? Strike up a conversation with the person next to you.
No good parking spots? It's a great time to get some extra steps in.
Great American Grump Out is a day to turn lemons into lemonade. Find the silver linings today because there always is one.

May

Wellness Newsletter

MAY IS MENTAL HEALTH MONTH

Member Assistance Program

Our 'MAP' includes counseling services.
Access the MAP online for additional resources:

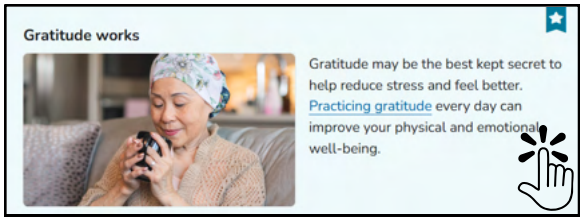
1. Visit liveandworkwell.com
2. Browse with an access code: FP3EAP
3. Select View My Benefits
4. Select Emotional Wellbeing Solutions at the top.

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

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.





Article: Understanding mental health







NAT'L PHYSICAL FITNESS & SPORTS



Get Up & Go
UHC Presentation



Article: Fitness tips from UnitedHealthcare



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

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