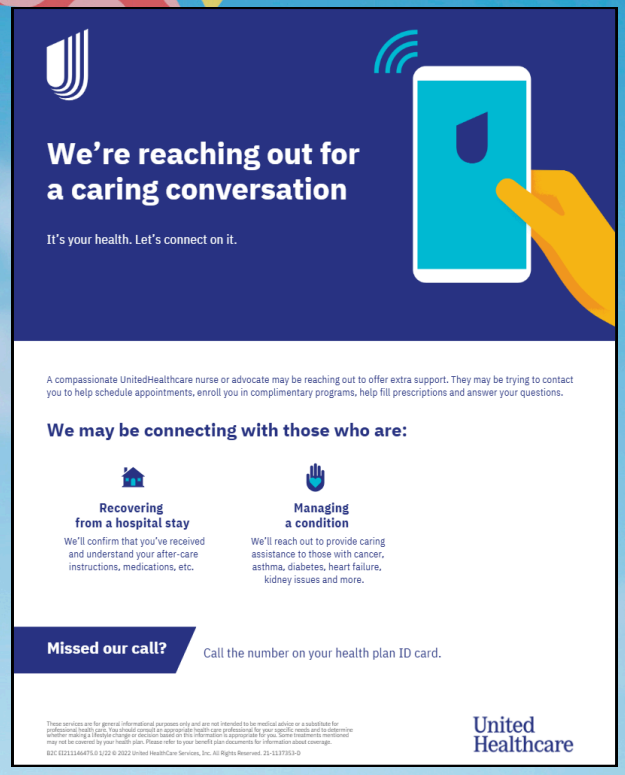
ROCKWALL COUNTY WELLNESS NEWSLETTER



UHC Benefits Spotlight

Have you received a call from United Health Care? They may be reaching out to those who have had a recent hospital stay or to provide assistance managing conditions such as diabetes, cancer, asthma, heart failure, or kidney issues. Click the flyer below to learn more.

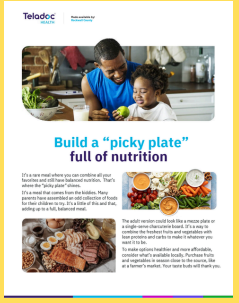


Teladoc June Mental Health Resources

Click the articles below to learn more.







June Wellness Information & Opportunities

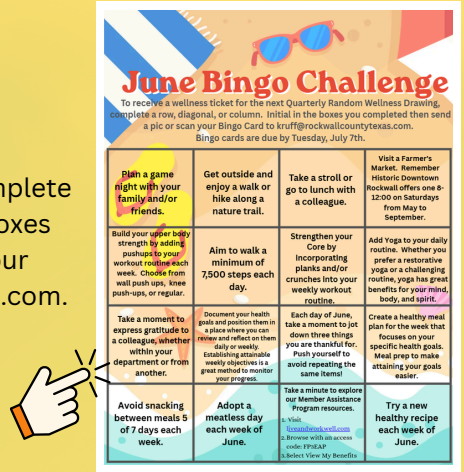
5/5/26 May Exercise Logs Due: Send your completed Mayexercise log to kruff@rockwallcountytexas.com. If you met the challenge, 4 tickets will be placed in the quarterly random prize drawing for you. Remember, you can keep up the good work by participating every month. Exercise Log Link

June 15-19 : **Go Blue for Men's Health Week!**

Wear BLUE any day the Week of June 15-19th to celebrate Men's Health Week. Take a picture of yourself or your department sporting blue and send to kruff@rockwallcountytexas.com to receive 1 wellness ticket for each Rockwall County Employee pictured. See page 2 of the newsletter for facts about Men's Health.

June 1-31: June Bingo Challenge

To receive a wellness ticket for the next Quarterly Random Wellness Drawing, complete a row, diagonal, or column. Initial in the boxes you completed then send a pic or scan your Bingo Card to kruff@rockwallcountytexas.com. Bingo cards are due by Tuesday, July 7th.



June is Mango Month

6 Health Benefits of Mango

Mango recipe ideas for breakfast, dinner, and dessert!


Mango Smoothie Bowls


Instant Pot BBQ Chicken Grain Bowls


Mango Sorbet

Saturday, June 6th is International Tabletop Day

Did you know that tabletop games date back to 3100 B.C.? Ancient Egyptians enjoyed playing Senet, a game played on a board with 30 squares, which was believed to influence a player's fortune. The original version of Backgammon was played in Ancient Rome around 2000 B.C. In 1903, Lizzie Magie invented the "Landlords Game," which she later sold to Parker Brothers, who marketed it as Monopoly. Interestingly, chess holds the title of the bestselling game of all time. **So why not take a break from scrolling and gather your family and friends for a fun session with your favorite tabletop game?**

Live Well Monthly

Resources for Better Wellbeing

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

- Headache Awareness
- Sleep Hygiene
- Memory
- Recipe: Air Fryer Salmon Bites

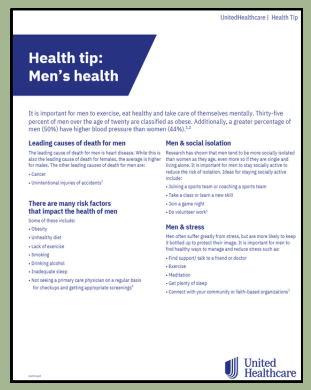
June

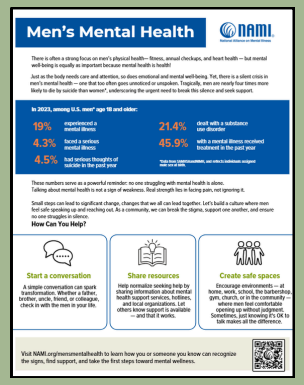
Wellness Newsletter

MENS HEALTH

Click the flyers and links below to learn more!







[Men's Health Through the Decades]

[Understanding Prostate Cancer]

[Men's Health]



[UHC Presentation: Men's Health]

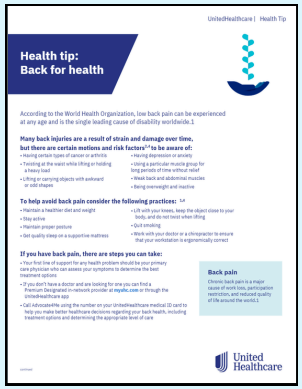
This month:

- Establish a primary care physician
- Take stretch breaks throughout your day

NATIONAL SAFETY MONTH

[UHC Presentation: Back for Health]

[UHC Presentation: Stretch for Health]







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

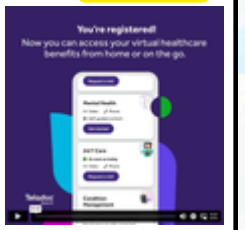
Teladoc HEALTH

NEW

Click the video to learn how to get started with 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

growtherapy

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]