ROCKWALL COUNTY WELLNESS NEWSLETTER

July Wellness Information & Opportunities

7/5/26 June Exercise Logs Due: Send your completed June 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

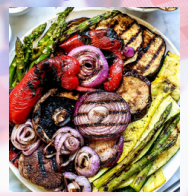
8/21/26 Lunch & Learn: Mark your calendars for an intriguing session on 'Gut Health and Sourdough', led by Julie Dahmer, Friday, August 21st. Bring your colleagues along as you explore the delightful world of sourdough! Click the underlined link to sign up.
Location: Women's Conference Room, 2nd Floor
Venue: Rockwall County Library
Time: 12:05 – 12:50 PM

July is National Grilling Month

Lime Grilled Chicken



Grilled Vegetables







Grilled Steak Pinwheels



Banana Split Grilled Dessert Nachos



UHC Benefit Spotlight

Kaia Digital Back & Joint Pain Management.

Click the flyer below to learn more.



Live Well Monthly Newsletter Resources for Better Wellbeing

Here are the articles featured in this month's newsletter. To navigate to the next article, simply click the arrow located to the right of each entry.

- Eye Disease Prevention
- 5 Ways to Prevent Eye Strain
- Eye Exams Explained
- Recipe: Carrot Cumin Soup

Teladoc July Health Resources

Click the articles below to learn more.









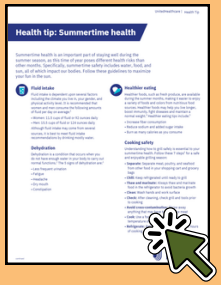
July
Wellness Newsletter

SUMMER safety





[Sunscreen 101]



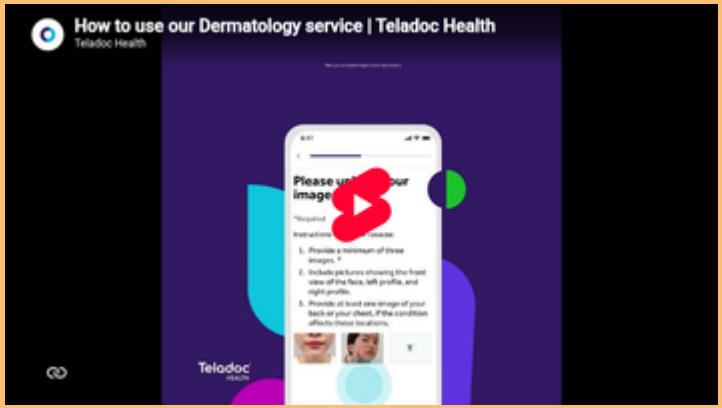




[Skin Health UHC Presentation]

[From sunburns and rashes to bites, stings, and scrapes- Follow these expert tips for summer skin care.]

How to use Teladoc Dermatology Services





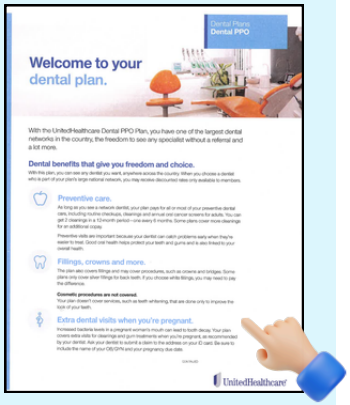
Dental Health Awareness



[Healthier Dental Habits Presentation]



[Dental & Oral Health Article]



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:

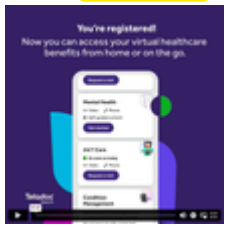
1. Visit liveandworkwell.com
2. Browse with an access code: FP3EAP
3. Select View My Benefits
4. Select Financial and Legal services or Emotional Wellbeing Solutions at the top.

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]

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]