ROCKWALL COUNTY WELLNESS NEWSLETTER

BACK TO SCHOOL



August Wellness Information & Opportunities

8/5/26 July Exercise Logs Due: Send your completed July 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

August 31-Day Sleep Challenge:
Check the days in August when you achieved seven or more hours of sleep. After 31 days, take a moment to reflect on the challenge and observe any patterns in your sleep schedule. Send a copy of your results to kruff@rockwallcountytexas.com by 9/5/26 to receive a ticket for the upcoming Quarterly Random Wellness Prize drawing.



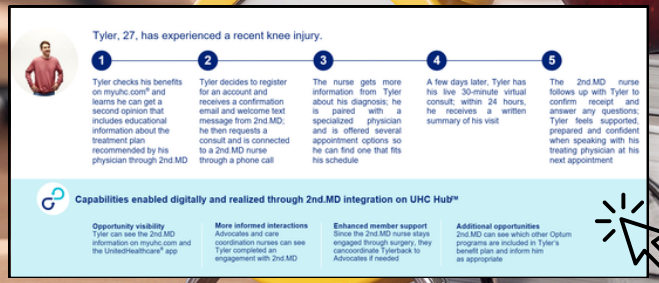
9/11/26 Texas Mobile Imaging in the Multipurpose room of the County Annex.

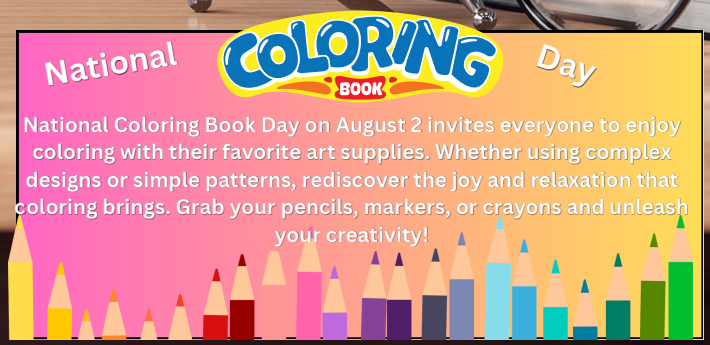
Keep an eye on your email and the September Wellness Newsletter for a chance to register for health scans. Although these scans are not covered by insurance, they will be available at a significantly reduced rate. You can utilize your HSA or Flex plan to pay for the cost. Both employees and their spouses are welcome to sign up. The following screenings will be offered, with more details to follow:

- *(Stroke)* Carotid Artery Screening – Color-Flow Doppler Imaging
- Abdominal Aortic Aneurysm Screening – (AAA)
- P.A.D. Ankle Brachial Index Screening – (ABI)

UHC Benefit Spotlight





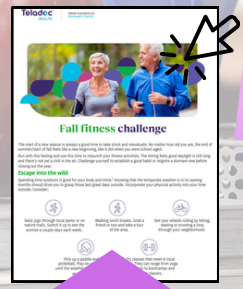


Teladoc August Health Resources

Click the articles below to learn more.







Don't Miss! Fall Fitness Challenge What's Your Number?

August
Wellness Newsletter



Sleep Health

The following article is about teens and healthy sleep habits, but the insights on Daytime and Nighttime Tips are beneficial for the entire family! Click here to explore more: Teen Sleep Toolkit

The Critical Connection between Teens' Sleep & Mental Health



Health Tips from UHC

Get 7–9 hours of sleep a night

Unplug from screens 30 minutes before bed



Health Literacy Awareness

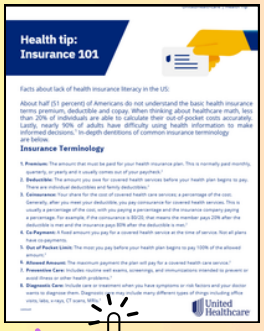
UHC Presentation: Health Insurance 101

UHC Presentation: Choosing Care

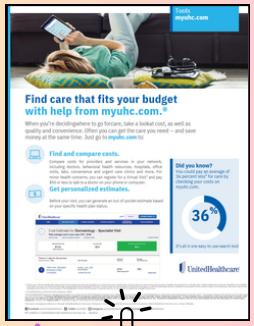
Differences between HSAs, HRAs, and FSAs

How to manage and estimate health care costs





Insurance 101



Find Care & Costs



Register on the website or app



UHC App directions

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.

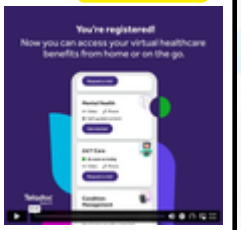
Need help now? For a mental health crisis, call or text 988, or 988lifeline.org

Teladoc HEALTH

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