ROCKWALL COUNTY WELLNESS NEWSLETTER



Texas Parks & Wildlife 2026 Texas Bird Bingo!

Exercise, Learning, and Family Fun
Gather some binoculars and embark on an adventure to spot the beautiful birds of Texas!

Teladoc September Health Resources

Click the articles below to learn more.



September Wellness Information & Opportunities

9/5/26 August Exercise Logs Due: Send your completed August 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. Select the exercise log link to the right to record your September fitness activities! **Exercise Log Link**



9/5/26 August 31-Day Sleep Challenge Due
Don't forget to **s**end your completed August Sleep Challenge Log to kruff@rockwallcountytexas.com for a ticket in the next Quarterly Random Wellness Drawing to win a $50.00 Amazon Gift Card.

9/10/26 & 9/11/26 Texas Mobile Imaging in the Multipurpose room of the County Annex.
To learn more about Texas Mobile Imaging, health scans, sign up for an appointment or join the waiting list, click the button below. These scans are not covered by insurance but are given at a substantially reduced rate. You can use your HSA or Flex plan to cover the cost. The following screenings are offered:
(Stroke) Carotid Artery Screening - Color-Flow Doppler Imaging
Abdominal Aortic Aneurysm Screening - (AAA)
P.A.D. Ankle Brachial Index Screening - (ABI)

More Information/Sign Up/Join Waiting List

9/17/26 Carter Mobile Blood Care will be parked 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 Here**

10/2/26 Cognition and Brain Health Cooking Demonstration & Light Lunch: Join Katherine Tom from North Texas Nutrition for her session on 'Eating for Cognition & Brain Health.' 30 seats available so be quick and reserve your spot. **Sign Up Here**

10/8/26 & 10/9/26 BEXA Breast Exams are Back!
Location: HR Conference Room, County Services Bldg. (Whitmore)

The Bexa Breast Exam is NOT a mammogram. It is a form of early detection that is helpful for those with dense breast tissue or have a family history of breast cancer.
What makes Bexa different?
Painless & Quick
No Radiation
Immediate Results
Convenient
No False Positives
Accurate

SCAN/CLICK HERE
FOR SCHEDULING, LOCATIONS AND INFORMATION
https://exams.mybexa.com/en/rockwallcounty

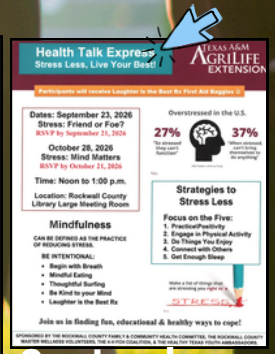
What to Expect During a Bexa Breast Exam



UHC Benefit Spotlight







September Wellness Newsletter

Obesity Awareness

UHC Presentation: Healthier Weight

UHC Presentation: Understanding Metabolic Syndrome



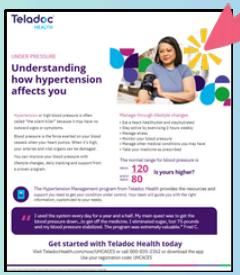


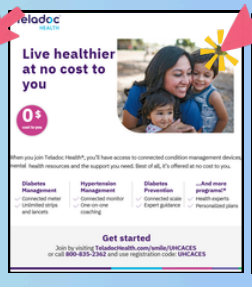
The Heart of Friendships: How Connections Boost Heart Health



Best Tips for Boosting your Step Count this Fall

- What is Body Mass Index (BMI)
- 6 Healthy Habits for BetterLiving
- Your Gut and its Microbiome: What to Eat for Healthy Aging







Immunization Awareness



What's a vaccine?



Helping Hands Flu Shot Clinic for Rockwall County Employees and Spouses coming to Annex Multipurpose room Friday, Nov. 6th. Sign Up in the October Wellness Newsletter

UHC Presentation: Understanding Vaccines

UHC Presentation: Understanding Colds and Flu

Flu Vaccine: when and where to get it and what it may cost?

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:

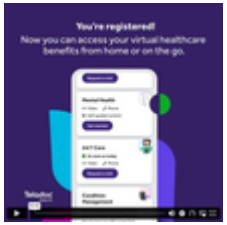
1. Visit liveandworkwell.com
2. Browse with an access code: FP3EAP
3. Select View My Benefits
4. Select Financial and Legal services or Emotional Wellbeing Solutions at the top.

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