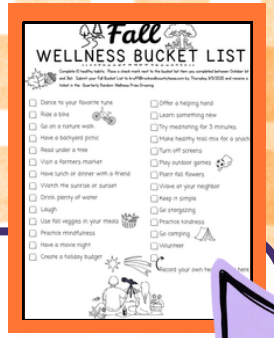
ROCKWALL COUNTY WELLNESS NEWSLETTER

October Wellness Information & Opportunities



Teladoc October Health Resources

Click the articles below to learn more.







10/5/26 September Exercise Logs Due: Send your completed September 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 October fitness activities! **Exercise Log Link**

10/1/26-10/31/26 Fall Wellness Bucket List

Between October 1 and 31, mark off 10 healthy habits you have accomplished from the Fall Wellness Bucket List. Please submit your completed Fall Bucket List to kruff@rockwallcountytexas.com by Thursday, November 5, 2025, to receive a ticket for the Quarterly Random Wellness Prize Drawing.

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. **Schedule your Bexa Breast Exam** **What to Expect During a Bexa Breast Exam**

10/15/26 Open Enrollment Meetings

Benefits Open Enrollment Meetings take place on October 15 at 8am, 10am, 1pm in the County Annex Multipurpose Room. A recording of the enrollment meeting will be provided for those unable to attend a session. Please use the link to sign up: **Sign Up Here**

11/6/26 Helping Hands Flu Vaccination Clinic

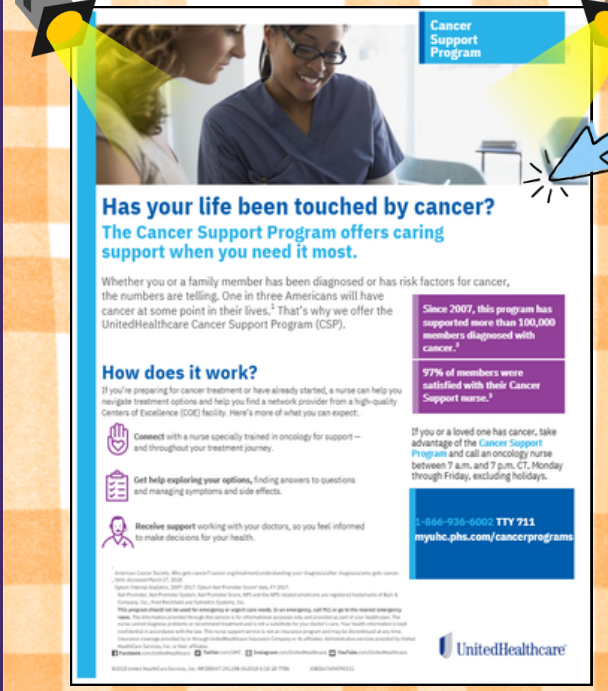
Helping Hands is offering free flu vaccinations for those employees participating in Rockwall County's United Healthcare insurance plan. After selecting a time slot: indicate whether you need the Regular OR 65 & Older flu vaccination dose. Bring your UHC insurance card to your appointment & the vaccine consent form. be prepared to wait 15 minutes after your vaccination to be sure there is no reaction. If you do not have insurance coverage, you can still receive a regular dose for $25 and the 65 & Older dose for $45. All participating employees will receive a wellness ticket. **Sign Up Here** **Vaccine Consent Form**

11/12/26 Wellness Box Lunches

Jason's Deli- Stop by the Annex Multipurpose Room between 11:00 am & 1:00 pm for a **FREE** Box Lunch Box from Jason's Deli Rockwall. No registration required. First come-first serve. Sheriff's Office and Jail lunch boxes will be delivered to the Sheriff's Office Detention Center.

11/19/26 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**

UHC Benefit Spotlight

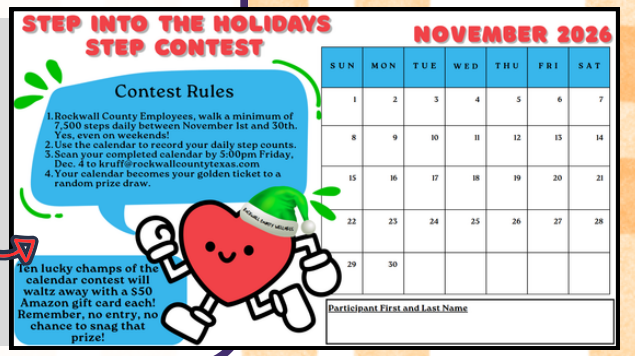


November 1st-30th

2026 Step into the Holidays Step Contest

1. Rockwall County Employees, walk a minimum of 7,500 steps daily between November 1st and 30th. Yes, even on weekends!
2. Use the calendar on the right to record your daily step counts.
3. Scan your completed calendar by 5:00pm Friday, Dec. 4 to kruff@rockwallcountytexas.com
4. Ten lucky champs of the calendar contest will waltz away with a $50Amazon gift card each! Remember, no entry, no chance to snag that prize!

click here



October

Wellness Newsletter

Women's Health & Nat'l Breast Cancer Awareness



[Women's Wellness for Every Decade.]

Common Women's Health Topics

- Understanding birth control options for women
- Menstruation: overview, phases and symptoms
- Taking care of your health before, during and after pregnancy
- Menopause and hormone therapy
- Osteoporosis

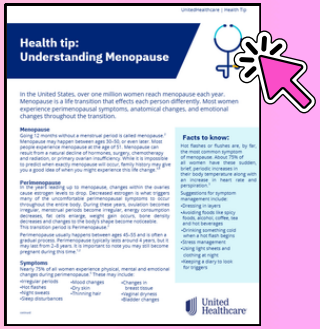
[UHC Presentation: Infertility & Pregnancy Loss]



[UHC Presentation: Women's Health]



[UHC Presentation: Understanding Menopause]



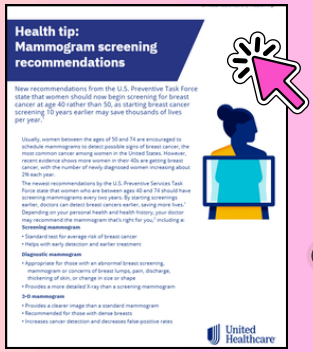


[Control the controllable: cancer screenings and prevention]

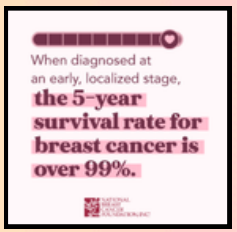
[Types of Breast Cancer]

[All About Breast Cancer Screening]

[About Breast Cancer in Men]









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.

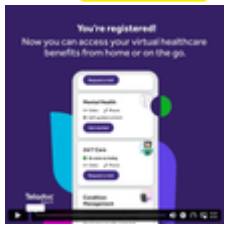
Need help now? For a mental health crisis, call or text 988, or 988lifeline.org

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

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.

growththerapy.com

UHC Virtual Care Information

United Healthcare has 3 options for 24/7 Virtual Visits. Click HERE for more information and QR Code directions.

Wellness Program Information



Rockwall County Employee Annual Physical Verification Form

Rockwall County Spousal Annual Physical Verification Form

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.