ROCKWALL COUNTY WELLNESS NEWSLETTER

November Wellness Information



Apple Cider Day — November 18, 2026

Enjoy more than just a warm cup of apple cider—cook with it too! Here are some inspiring recipes!

- Apple Cider Beef Stew
- Caramel Apple Crisp
- Apple Balsamic Chicken

11/5/26 October Exercise Logs Due: Send your completed October 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 December fitness activities!

Exercise Log Link

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!
5. Click the calendar in the top right corner to get started!

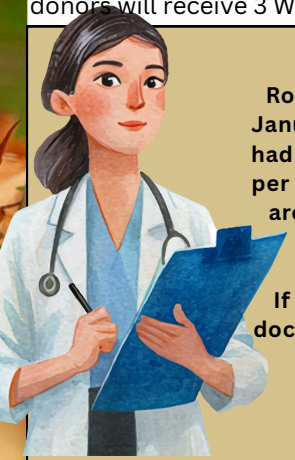
11/6/26 Helping Hands Flu Vaccination Clinic

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-giving' Box Lunches from 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. Let's celebrate 'Wellness-giving' with a healthy lunch!

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



The 2028 Go to the Doctor Campaign-Action Recquired!

Rockwall County believes in the benefit of preventive health for you and your family members. Beginning January 1, 2028, employees and spouses who are enrolled in the County's medical plan and whom have NOT had an annual physical between October 1, 2026, and September 30, 2027, will be charged an additional $50 per person per paycheck (employee and spouse only), in 2028 for medical insurance. If you and your spouse are both enrolled in the County's medical plan and both do NOT complete an annual physical, the charge will be $100 per paycheck ($50 per enrolled per paycheck).

The requirement does not apply to children.

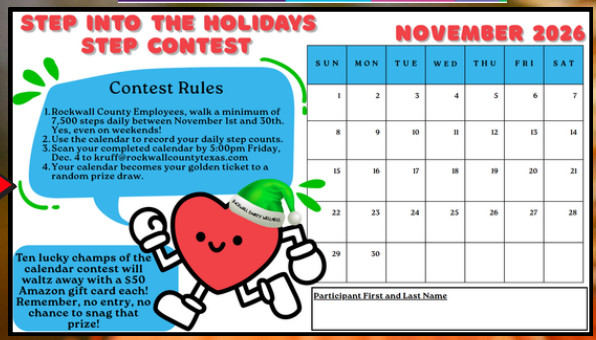
If you receive your annual physical at a clinic that does not file on the County Health plan, you and your doctor will need to complete the attached verification form and email it to kruff@rockwallcountytexas.com or deliver it to Human Resources.

Employee 2028 Annual Physical Verification Form

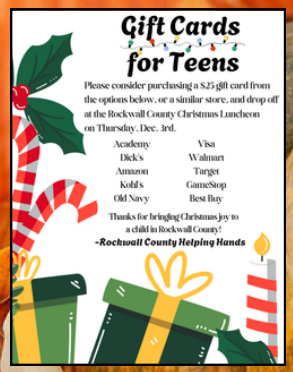
Spousal 2028 Annual Physical Verification Form

UHC Benefit Spotlight











November
Wellness Newsletter

AMERICAN DIABETES AWARENESS

Are you at risk?

[Take the Type 2 Diabetes Risk Test]

Make delicious meals suitable for diabetes. Check out the Diabetes Food Hub for cooking demonstration videos.

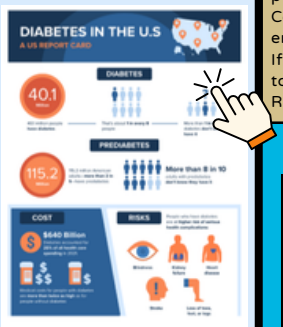
Diabetes Food Hub





HELPFUL LINKS

- The lowdown on prediabetes
- What is type 1 diabetes?
- What is type 2 diabetes?
- What is insulin resistance?
- 7 myths about diabetes
- Weekend meal plan for managing diabetes
- Lose Weight for Good & Start to Feel Better

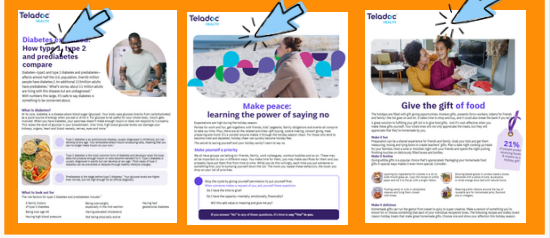






Teladoc November Health Resources

Click the articles below to learn more.



Make healthier choices by reading nutrition labels to avoid added sugars

GREAT AMERICAN SMOKEOUT

[UHC Quit for Life Smoking Cessation Program]

Resources to help you quit smoking, vaping and using nicotine.

READ

Quitting Smoking

WATCH

Living Tobacco Free e-cigarettes & vaping

Take note of the triggers that make you crave tobacco (i.e. stress, social situations, alcohol)

Quit Vaping

Click above for resources to learn manage cravings, handle vape addiction & withdrawal and make your quit day a success.



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 instructions.

Schedule your annual doctor & dental visits today.
Find a UHC provider



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Benefits Advocacy Center

Have questions regarding your coverage or need help with a claim?
Call the *Benefits Advocacy Center*:
(844) 609-8636

Employee Benefits Hub

Access the Rockwall County Employee Benefits Hub by clicking **HERE** . This website provides valuable information and resources related to benefits and actions you may need.

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



Want access to past Wellness Newsletters and Lunch & Learn Presentations? Rockwall County Intranet.

UHC Virtual Care Information

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

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

Wellness Discounts for Rockwall County Employees

Planet Fitness Discount
North Texas Nutrition Associates
Phoenix Nutrition Bar BOGO