

A Note on Open Enrollment

- We thank you for your participation in this year's Open Enrollment!
- Expect 2 new insurance cards-Medical (Aetna) & Prescription (PCARx) to be received later this month.
- Payroll deductions for Medical coverage begin December 2023.
- Please verify your December and January pay checks.



Visit our Website! Click on any icon below to find more information!



ECISD Wellness Center



The ECISD Wellness Center will be open during winter break to serve you. Make an appointment today! Employees & covered dependents participating in the ECISD Medical Plan (OPT I, OPT III, or OPT III+HSA) can access the wellness center at little to no cost!

Treatments & Services

Flu Shots
Allergies / Asthma
Annual Physicals
Cold / Congestion / Flu
Diabetes Management
High Cholesterol
Thyroid Disorders
and much more!



BOOK AN APPOINTMENT

1.800.993.8244



[Patient Portal](#)



CareATC App

221 N. Sam Houston Ave. Odessa, TX

Monday-Friday 8AM - 5PM

5 Tips to Reduce Stress

For the month of December, we want to remember that a lot happens at work, you may have project deadlines or difficult co-workers. Even if you like your job, it can be stressful. In small amounts, stress can actually be helpful. But, too much isn't good for you, so it's best to keep it under control.



Make a list of projects and deadlines



Use a schedule planner



Focus on one thing at a time



Share the work



Limit distractions and interruptions

Airrosti THEY FIX PAIN FAST!

Airrosti is committed to resolving pain and injuries at the source. They have patient-focused care which allows you to return quickly to pain-free activity. This is an effective alternative to surgery and traditional pain management.

INJURIES TREATED:

- | | | |
|----------------------|--------------------------|-----------------------|
| • Headaches | • Hip Pain | • Rotator Cuff Pain |
| • Neck Pain | • Hamstring Pull/ Strain | • Elbow Pain |
| • Mid Back Pain | • Sciatic-Like Pain | • Hip Flexor Pain |
| • Triceps Tendonitis | • Calf Pull / Strain | • Carpal Tunnel |
| • Low back Pain | • Achilles Tendonitis | • Groin/Quad Pull |
| • Disk Injury | • Sever's Disease | • Knee Pain |
| • SI Joint Pain | • Heel Pain / Spurs | • Patellar Tendonitis |
| • Shin Splints | • Plantar Fasciitis | • Ankle Sprain |

Airrosti Midland - Odessa

8050 TX-191 Suite 202

Odessa, TX 79765

432-200-0665



Access your 2024 Health Plans



Find a Doctor and more network tools by using the ECISD Aetna website. Click on the Aetna logo to visit the site!



456-9789

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We wish you and your families a safe and joyful holiday season!