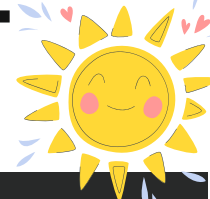




BENEFITS & RISK MANAGEMENT NEWSLETTER



DIRECTOR'S CORNER

Welcome April!



To promote a healthier lifestyle, try to smile, show kindness, and think positive. In this newsletter you will find the importance of drinking water, ways to beat stress, and much more!

"Health is a state of complete mental, social, and physical well-being, not merely the absence of disease or infirmity."

World Health Organization, 1948

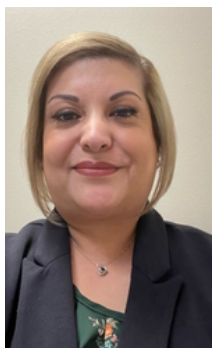
EMPLOYEE SPOTLIGHT



Susie Chasco
Coordinator

As the Benefits & Risk Management Coordinator I provide support to our office by assisting with questions on FMLA, Workers Comp., the Medical Plan, training and more! I enjoy helping personnel maximize their benefits.

Always happy to help!



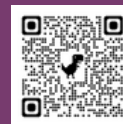
Tammy Belman

HERE FOR YOU!

Tammy Belman, our Account Associate for Aetna and your dedicated Onsite Aetna representative for all things health insurance is located within the Benefits & Risk Management Office at ECISD Administration Building, Tammy is here for you and your healthcare needs.

How can Tammy help?

- Review your health plan with you and answer questions specific to you and your family
- Go over your medical claims and explain insurance terms
- Help locate in-network medical providers
- Help download the Aetna app or register your account online
- Provide estimated costs on certain medical procedures and much more!



432.456.9360



432.238.4570



BelmanT@aetna.com



Monday - Friday
7:30 AM - 4:30 PM

DRINK MORE WATER!

Water helps your body:

- Keep a normal temperature
- Aid in weight loss
- Lubricate and cushion joints
- Protect your spinal cord and other sensitive tissues

Improve brain performance

Have a healthier heart

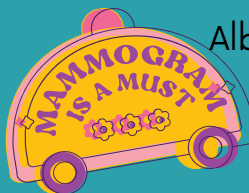


ECISD / ORMC MAMMO PARTY

Join the ORMC Women's Center for an exclusive event for ECISD employees. Call **582-8546** to schedule your mammogram before the event

APRIL 24TH
4:15 PM - 6:30 PM

\$99



ORMC Women's Center
Albert B Finch Medical Office Bldg
420 E 6th St Suite 206
Odessa, TX 79761

APRIL IS STRESS AWARENESS MONTH

April is recognized as National Stress Awareness Month to bring attention to the negative impact of stress. Managing stress is an essential component of a healthy lifestyle. Knowing how to manage stress can improve mental and physical well-being as well as minimize exacerbation of health-related issues.



Stop, breathe, and relax



Get enough sleep



Ask for support



Learn to put stress to rest

Yolanda Gordon
Director
456-9784

Susie Chasco
Coordinator
456-9781



Estela Vejil
Risk Benefits Manager
456-9782

Maria Melendez
Health Benefits Specialist
456-9780