

BENEFITS & RISK MANAGEMENT NEWSLETTER

FEBRUARY 2023 EDITION



DIRECTOR'S CORNER



February is recognized as ❤️ Heart Health Month. Be inspired to create lasting change in your health, one step at a time. The approach is to eat smart and be active.

☀️ All 1095's have been processed and distributed!

Please help me welcome Diana Maldonado, First Financial Accounts Representative. Call 456-9783 or email Diana.Maldonado@ffga.com



EMPLOYEE SPOTLIGHT: MARIA MELENDEZ



Health Benefits Specialist

I process enrollments, exits, changes, weekly/monthly billing and other things in-between.

I like to keep busy and love what I do. I am here to assist you in any way!

TIPS TO HELP KEEP YOUR HEART HEALTHY



Eat a heart-healthy diet



Be active



Manage your stress



Keep a healthy weight



Limit alcohol intake



Stay Tobacco-Free

MAMMOGRAM EVENT

WHEN: Tuesday, February 28
5:00 PM - 7:30 PM

WHERE: The Breast Center, 5616
Deauville Blvd. Suite 100,
Midland, TX

To have a screening you must:

- Have provider to send your report to
- Be 40 years of age or older
- Have not had a mammogram within the last 12 months
- Have no symptoms, such as lumps or skin changes
- Have not been previously diagnosed with breast cancer



****Call (432) 221-2300 to schedule an appointment****



ECISD WELLNESS CENTER

Treatments and Services Include:

- Adult Immunizations
- Allergies / Asthma
- Annual Physicals
- Behavioral & Mental Health
- Cold / Congestion / Flu
- Diabetes Management
- High Blood Pressure
- High Cholesterol
- Minor Injuries
- Thyroid Disorders
- Well Woman Exam & Much More!

BY APPOINTMENT ONLY



800.993.8244



Online Portal



CareATC App



221 N. SAM HOUSTON AVE,
ODESSA



MONDAY - FRIDAY 7AM - 5PM

RISK MANAGEMENT REMINDERS - WEATHER SAFETY

- Give yourself ample travel time without driving distractions. Take it slow and avoid underpasses/overpasses and bridges if possible.
- Take care where you step on walkways, parking lots and hallways. Entryways are common areas where students and staff may track ice, snow or water. Wear appropriate shoes to prevent slipping - dress properly for the weather (hat, scarf, gloves etc.)
- Save carrying heavy or large loads into buildings for fairer weather to avoid injuries. Better safe than injured!



SPECIAL ENROLLMENT PERIODS



Changes outside of a regular Open Enrollment period MUST be made within 31 days of the event. Please contact our office to begin the process of this change to your benefits.

QUALIFYING EVENTS



Marriage



Birth, adoption of a child or placed a child for foster care



Death



Divorce or legal separation



YOLANDA GORDON - DIRECTOR
SUSIE CHASCO - COORDINATOR



ESTELA VEJIL - RISK BENEFITS MANAGER
MARIA MELENDEZ - HEALTH BENEFITS SPECIALIST