



Happy Thanksgiving

As we approach colder weather and the busy holiday seasons we encourage you to focus on your health, both body and mind. Remember to keep your doctors appointments and take your prescribed medication. In this newsletter we include information on open enrollment, work injuries, PCARx benefits and Flexible Spending Accounts.



HURT AT WORK?



Workplace injuries happen, our office is here to help! Below are the steps to take to file a Workers Compensation Claim. This **MUST** be filled out and submitted by your campus

- Notify your campus and assist them in filling out the [First Report of Injury](#).
- Seek medical attention at one of the approved Worker's Compensation Physicians on our [website](#)
- An adjuster will be assigned to your case, from Texas Association of School Boards (TASB), the Districts Worker's Compensation administrator. Please work with them on issues considering your status.
- Communicate regularly with your campus and Benefits about your status
- When released to return to work, provide a copy to your campus and Estela Vejil

***More information can be found on our [website](#)*


OPEN ENROLLMENT REMINDERS


- Changes/Updates and Deletions will be effective 1/1/2023
- Medical deductions begin in the December check
- Changes due to a qualifying even will still be processed in a Special Enrollment Period
- Verify/update your address in [ESS](#)

FLEXIBLE SPENDING ACCOUNT

A Medical Flexible Spending Account (Medical FSA) is an IRS-approved program to help you save taxes and reimburse yourself for out-of-pocket medical expenses not covered under your medical plan. ECISD has chosen the \$570 carryover option for your Medical FSA plan. This option allows you the opportunity to carry over up to \$570 of unclaimed Medical FSA funds into the following plan year. Keep in mind that balances more than \$570 will be forfeited under the use-it-or-lose-it rule.

Visit the [FSA Store](#)





PRESCRIPTION BENEFIT UPDATE

