



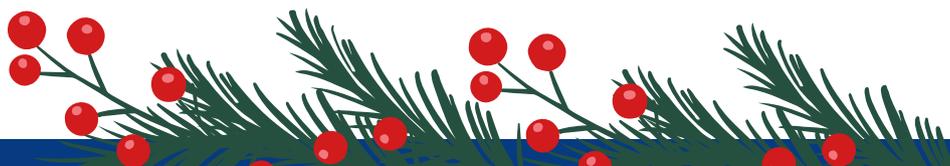
South San Cares

Wellness Newsletter | December 2025

As the year comes to a close, we want to extend our warmest wishes to all of you. This season is a time to reflect, recharge, and celebrate the moments—big and small—that have shaped our year. Your dedication, collaboration, and positive spirit have made a meaningful impact, and we're grateful for everything you do.

We hope you enjoy a peaceful and joyful holiday season surrounded by family, friends, and all the things that bring you happiness. Thank you for being an essential part of our SSAISD family.

Wishing you a wonderful holiday and a bright, successful New Year!





SEASONAL AFFECTIVE DISORDER

WEDNESDAY, DECEMBER 17, 2025
THIS PRESENTATION COVERS:

- WHAT SEASONAL AFFECTIVE DISORDER IS
- RISK FACTORS AND SYMPTOMS
- DIAGNOSIS AND TREATMENT OPTIONS
- LIFESTYLE TIPS

NOON

Webinar



5 PM

Webinar





SHOT CLINIC!

Don't miss the opportunity to boost health and replenish some of the essential vitamins our bodies need. Nurses from Kaiser Medical Management will be administering the shots and will be able to answer any questions you may have.

Date: Thursday December 11, 2025

Time: 3:15 PM- 4:30 PM

Location: 5622 Ray Ellison Blvd

Room: Conference Room 4

Walk-in clinic -no registration needed.

This is an out-of-pocket service. Venmo payments are accepted. You can also bring exact cash, or credit/debit card for payment. FSA cards can be accepted when used as a credit card.

- Vitamin B-12 \$15**
- Super Lipo \$25**
- B Complex \$30**
- Vitamin C \$15**
- Vitamin D \$25**

- Biotin \$25**
- Amino Blend \$25**
- Tri-Immune \$50**
- Glutathione \$15**

FREE A1C TESTING DIABETIC SCREENING

**SSAISD IS PROVIDING FREE A1C TESTING AND
DIABETIC SCREENING FOR THE ENTIRE COMMUNITY!**

**We are pleased to inform you about two
FREE A1C Diabetic Screening events
hosted by Community Labs and the Social and Health
Research Center Inc., available to all employees and
community members.**

**Please note, screenings are also available to children with
a parent/guardian present.**

Event Details:

Thursday, December 11

2:00 p.m.– 6:00 p.m.

SSAISD Durbon Athletic Center

Friday, December 12

2:00 p.m. – 6:00 p.m.

**SSAISD Administration and Support Center (second floor near
board room)**



A+ Answers to Your Pain Relief Questions



Teaching takes a toll – on your feet, your back, your energy, and your body. If nagging pain is part of your daily routine, you're not alone.

Airrosti Remote Recovery offers expert-guided virtual care, giving you direct access to a licensed Provider, a customized rehab plan, and fast, effective pain relief – all on your schedule and at no cost to you.

No More Guesswork: Airrosti Remote Recovery Explained

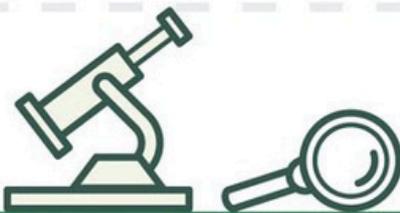
Q:

What is Airrosti Remote Recovery?



A:

It's a virtual pain relief solution that pairs you directly with a licensed Airrosti Provider. You'll receive 1-on-1 guidance, a personalized recovery plan, and ongoing support – all designed to help you feel better fast without navigating generic content or chatbots.



A:

We treat pain caused by long days on your feet, classroom strain, and repetitive movement, especially in the back, neck, shoulders, knees, and feet. Whether it's new discomfort or a chronic issue, we help get to the root cause.

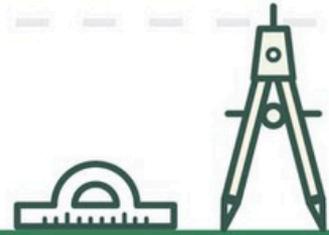
Q:

What kinds of pain can it help with?



Q:

Will I need special equipment or a lot of space?



A:

Not at all. Your plan is built around what you already have at home or in your classroom, with no extra equipment needed. Your Provider gives you simple, targeted exercises and real-time feedback that fits into your daily routine.



A:

Is it easy to fit into my school day?

Yes. Sessions are short, virtual, and flexible, so you can schedule around your teaching hours. You'll get expert care without missing class time or rearranging your day.

**Airrosti can be utilized both virtually and in-person:
If used virtually, it is at no additional cost for those on the Primary, Primary+, and ActiveCare 2 plans, and subject to the deductible for those on the HD plan.**

**If used in person, it is at a fixed \$70 copay
Appointments must be made!**

Visit Airrosti's website and find your nearest in-person location, or call them at 1-800-404-6050 to schedule your appointment.

We're Here for You

Employee Assistance Program (EAP)

GuidanceResources®

Your Life. Your Work. Your Best.®
Your GuidanceResources® Program

Sometimes life can feel overwhelming. It doesn't have to. Your ComPsych® GuidanceResources® program provides confidential counseling, expert guidance and valuable resources to help you handle any of life's challenges, big or small.

Life is challenging.

We can help.

Confidential 24/7 support.



Contact Your GuidanceResources® Program

Call: 855.387.9727

TTY: 800.697.0353

Online: guidanceresources.com

App: GuidanceNowSM

Web ID: ONEAMERICA3

Services:

Confidential Emotional Support

- Anxiety, depression, stress
- Grief, loss and life adjustments
- Relationship/marital conflicts

Work and Lifestyle Support

- Child, elder and pet care
- Moving and relocation
- Shelter and government assistance

Legal Guidance

- Divorce, adoption and family law
- Wills, trusts and estate planning
- Free consultation and discounted local representation

Financial Resources

- Retirement planning, taxes
- Relocation, mortgages, insurance
- Budgeting, debt, bankruptcy and more

Digital Support

- Connect to counseling, work-life support or other services
- Tap into an array of articles, podcasts, videos, slideshows
- Improve your skills with On-Demand trainings

Online Will Preparation

- Quickly and easily complete a will on your computer with EstateGuidance®
- Specify guardians, trustees and property division
- Provide funeral and burial instructions



Employee Benefits

Contact List



Medical TRS Active Care - BCBS of Texas (866) 355-5999	www.bcbstx.com/trsactivecare
Dental Metlife Insurance Policy ID 200995-1-G (800) 942-0854	www.metlife.com/dental
Vision Metlife Insurance Policy ID 200995-2-G (800) 438-6388	www.metlife.com/vision
Telemedicine Recuro (855) 673-2876	www.recurohealth.com
Basic Life/AD&D One America Group ID: U536444 (800) 553-5318	www.oneamerica.com
Voluntary Life/AD&D One America Group ID: U536444 (800) 553-5318	www.oneamerica.com
Texas Republic Life (512) 330-0099	www.texasrepubliclife.com
Disability One America Group ID: U536444 (800) 553-5318	www.oneamerica.com
Hospital Indemnity Metlife Insurance Policy ID 200995 (800) 438-6388	www.metlife.com
Accident & Critical Illness Unum Policy ID: 985306 (866) 679-3054	www.unum.com
Cancer Metlife Policy ID 200995 (800) 942-0854	www.metlife.com
Medical Transportation MASA (954) 334-8261	www.masaaccess.com
Pet Insurance Rainwalk (844) 520-0041	www.rainwalkpetinsurance.com
Legal/ID Theft Metlife Insurance (800) 942-0854	www.legalplans.com www.metlife.com/identity-and-fraud-protection
HSA/FSA & Dependent Care/Retirement 403(b) NBS/ Rusty Freeman & Associates (830) 606-5100	www.nbsbenefits.com