



South San Cares

Wellness Newsletter | January 2026

As we welcome the new year, January is a great time to pause, reset, and focus on well-being—both at work and at home. This month's wellness highlights are designed to support healthy habits, manage stress, and build balance in a realistic and sustainable way.

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Happy
New Year



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 January 15, 2026

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

Super Lipo

B Complex

Vitamin C

Vitamin D

Biotin

Amino Blend

Tri-Immune

Glutathione

Z Pack



New Year, New You **Live Webinar!**



Wednesday, January 28, 2026

The beginning of every year brings in new hope and enthusiasm. It is when many people look forward to a fresh start.

Join us to learn more about how to make your wellness goals part of your everyday life.

This presentation covers:

- **SMART goal setting**
- **Diet and exercise**
- **Quitting tobacco**
- **Managing stress**

8 AM

Webinar



NOON

Webinar





Be The Difference. Live The Difference. See The Difference.

Enjoy a free 7-day pass to Centro Fitness!
*Simply let the front desk know that
you are staff at South San Antonio ISD!*

5427 Ray Ellison Blvd

(210) 457-3377

Monday – Friday: 5:00 AM – 10:00 PM

Saturday: 8:00 AM – 6:00 PM

Sunday: 12:00 PM – 6:00 PM

Women's-Only Area

Zumba®

Cardio Boxing Equipment

Pick-Up Basketball Games

Strength Training Equipment

Kickboxing

Yoga Classes

All Cardio Equipment with Personal Viewing Screen

Men's & Women's Locker Rooms



Digital 3D Mobile Mammograms are *coming your way!*

To have a mammogram on our Mobile Mammography Unit, you must:

- Be 40 years of age or older (insurance permitting). Under 40 years of age must have a physician's order for screening.
- Have not had a mammogram within the past 365 days.
- Last mammogram must have been negative.
- Have NO NEW symptoms, such as lumps, pain, skin changes, or nipple discharge. (See a physician right away if you have changes. Call us if you do not have a physician.)
- Have not had breast cancer in the last three years.

Be prepared for your visit:

- Bring the name, address, and phone number of your physician.
- If you have had a mammogram in the past, locate your films and bring them to your mammography appointment. If you are unable to do so, bring the location name and phone number of where you received the previous mammogram.
- Bring a valid photo ID.
- Bring your insurance card (we accept Medicare, Medicaid, and most private insurances).*
- DO NOT wear deodorant, perfume, powders, or lotions.
- DO wear a two-piece outfit.

A physician's order is NOT needed for patients who have seen their physician within a year prior to their mammogram appointment.

***If you do not have insurance or a doctor, please call 210.704.4100 for details and to learn how you can get a mammogram through the generosity of community funding.**



**THURSDAY
FEBRUARY 26TH 2026**

2:00 p.m. to 6:00 p.m.

**SSAISD
5622 RAY ELLISON BLVD
SAN ANTONIO TX**
Please call 210.704.4100

**OPTION 1,2,2
to schedule your
appointment today.
(Se Habla Español.)**

 **CHRISTUS.
SANTA ROSA**
Health System

Mamografías 3D digitales móviles *¡cerca de usted!*

Para realizarse una mamografía en nuestra unidad de mamografías móvil, debe reunir estos requisitos:

- Tener 40 años o más (permiso del seguro).
- Si es menor de 40 años, debe contar con una orden médica para la evaluación.
- No haberse realizado una mamografía en los últimos 365 días.
- La última mamografía debe tener un resultado negativo.
- NO tener síntomas NUEVOS, como bultos, dolor, cambios en la piel o secreción del pezón. (Consulte a un médico de inmediato si tiene estos cambios. Llámenos si no tiene un médico).
- No haber tenido cáncer de mama en los últimos tres años.

Prepárese para su visita:

- Lleve el nombre, dirección y número de teléfono de su médico.
- Si se realizó una mamografía antes, busque las radiografías y llévelas a su cita de mamografía. Si no puede hacerlo, lleve el nombre y el número de teléfono del lugar donde se realizó la mamografía anterior.
- Lleve una identificación con foto válida.
- Lleve su tarjeta de seguro (aceptamos Medicare, Medicaid y la mayoría de los seguros privados).*
- NO se ponga desodorante, perfumes, talcos ni lociones.
- Utilice ropa de dos piezas.

Los pacientes que se atendieron con sus médicos en el año anterior a la cita de mamografía NO necesitan una orden médica.

* Si no tiene seguro o médico por favor, llame al 210.704.4100 para obtener detalles sobre cómo obtener una mamografía gracias a la generosidad de los fondos comunitarios.



JUEVES
26 DE FEBRERO DE 2026

2:00 p.m. a 6:00 p.m.

SSAISD
5622 RAY ELLISON BLVD
SAN ANTONIO TX

Por favor, llame al 210.704.4100
para programar su cita.
(Se Habla Español.)

 **CHRISTUS.
SANTA ROSA**
Health System

THE DOCTOR IS ALWAYS IN



Get care when and where you need it with TRS Virtual Health powered by Teladoc and RediMD. You're covered.

Medical Virtual Visits

You and your covered family members* can get convenient, quality health care from the comfort of home, on your lunch break, or while traveling without having to go to a doctor's office. Virtual medical visits give you access to licensed board-certified doctors, 24 hours a day, seven days a week.** You can also get prescriptions sent to your pharmacy if needed.

RediMD	Teladoc
TRS-ActiveCare Primary TRS-ActiveCare Primary+ TRS-ActiveCare 2	TRS-ActiveCare Primary TRS-ActiveCare Primary+ TRS-ActiveCare 2
\$0	\$12
TRS-ActiveCare HD	TRS-ActiveCare HD
\$30***	\$42***

Conditions treated include:

- allergies
- asthma
- blood pressure
- cold and flu
- contusions/bruises
- diabetes
- gastrointestinal symptoms
- headaches and migraines
- most infections and viruses
- muscle strains
- pink eye
- skin issues
- sore throat or cough
- stomach problems
- stress
- urinary tract infection

*If the patient is 17 or younger, a parent or guardian must be present during the virtual visit.

**Immediate family members who don't have a TRS-ActiveCare health plan can also use TRS Virtual Health at a fixed rate. RediMD = \$35/visit; Teladoc = \$55/visit

***For participants with TRS-ActiveCare HD, medical telehealth visits through RediMD apply to the deductible. Once the deductible is met, the plan pays 70% of the Medical Consult Fee of \$30. Participant would pay 30% after deductible.



BlueCross BlueShield of Texas

Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

Care Services

Virtual Urgent Care

Getting Started

INTRODUCTION Access board-certified physicians 24/7, 365 days a year for urgent medical needs. Doctors will discuss your symptoms, confirm a diagnosis, and prescribe any needed medication. Video and telephone-based visits are available, with an average wait time of just ten minutes.

HOW TO ACCESS

01 Call to get your member ID: 855-6RECURO

02 Sign up with the Recuro Care app or visit the webpage below to access: "member.recurohealth.com"

03 Create your username and password

04 Complete your medical history

05 Schedule your consult

*Registering your account is not required to use the service, you can call 855.6RECURO anytime for 24/7 access to doctors.



Example Conditions Treated

- Acne / Rash
- Allergies
- Cold / Flu
- GI Issues
- Ear Problems
- Fever
- Insect Bites
- Nausea
- Pink Eye
- Respiratory
- UTI's
- And More...



customerservice@recurohealth.com | 855.6RECURO | Scan QR Code to Download





CONTACT INFORMATION

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

Support Contacts**Benefits Department**

Rusty Freeman &
Associates

Account Manager Rusty
Freeman

Phone (830) 606-5100

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

Human Resources

Coordinator

Yee Yan Segovia

Phone (210) 977-7000

Fax (210) 939-6123

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

Benefits Specialist

Cassandra Ortiz

Phone (210) 977-7000

Fax (210) 939-6123

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
