



South San Cares

Wellness Newsletter | February 2026

IN THIS ISSUE:

- ♥ SSAISD Health & Wellness Market
- ♥ Vitamin Shot Clinic
- ♥ Blood Pressure Basics- Webinar
- ♥ Mammogram Screening Registration
- ♥ Benefits Contact List



You're Invited!

...bring the family

Join our upcoming Health & Wellness Market, a fun and engaging event focused on supporting your health and well-being.

- explore valuable information and resources
- enjoy a fresh produce market
- no-cost services and screenings
- enjoy the chance to win many great prizes

See Details Below





SOUTH SAN CARES

WELLNESS MARKET

Join us for an afternoon filled with fun and informative resources focused on wellness for our SSAISD staff and their families!

2.26.2026

🕒 5:00 pm - 7:00pm

📍 5622 Ray Ellison Blvd.,
SATX 78242

Enjoy Local Vendors!

- Fresh Produce Market
- Mammogram Bus Screenings
- Biometrics Screenings
- A1C Screenings and Results
- Vitamin Shot Clinic
- Haircuts
- Facials & Manicures
- Artisan Boutiques
- Nutritionists
- Health Professionals
- Recovery Professionals
- Wellness Professionals
- Financial Literacy
- Much more...



**Come and Enter
to Win
Amazing Prizes!**

InstaPot!
Valued at \$120



Exercise Bike!
Valued at \$200



Wellness Basket!
Valued at \$100



43" Smart TV!
Valued at \$180



4 Tickets
Six Flags
Fiesta Texas!



SPURS
Swag Bag

4 Tickets
Texas Stars Hockey!
Valued at \$200



And more...



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 February 12, 2026

Time: 3:15 PM- 4:30 PM

Location: 5622 Ray Ellison Blvd

Room: Conference Room 1

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



BCBS Webinar: Blood Pressure Basics



Wednesday, February 25, 2026

Understanding blood pressure basics is important because blood pressure directly affects your overall health especially your heart, brain, and blood vessels.

This presentation covers:

**healthy and high blood pressure levels risk factors
improving your blood pressure
resources available to you**

**8 AM
Webinar**

**NOON
Webinar**



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



CONTACT INFORMATION

Support Contacts

Benefits Department
Rusty Freeman &
Associates
Account Manager Rusty
Freeman
Phone (830) 606-5100

Human Resources
Coordinator
Yee Yan Segovia
Phone (210) 977-7000
Fax (210) 939-6123

Benefits Specialist
Cassandra Ortiz
Phone (210) 977-7000
Fax (210) 939-6123

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.metlife.com/identity-and-fraud-protection

HSA/FSA & Dependent Care/Retirement 403(b) | NBS/ Rusty

Freeman & Associates (830) 606-5100

www.nbsbenefits.com
