Employee Wellness

March Newsletter

Benefits Spotlight

🏡 Income Protection for Every Season

When the unexpected happens, it's good to know you have a safety net. The disability benefit helps replace part of your income if you can't work due to a covered illness or injury.

🌼 How It Works

- One plan that covers both short and long-term disability
- Pays a percentage of your salary after a waiting period
- Provides continued income support during extended leave

💵 Plan Ahead

- Know your elimination/waiting period
- Understand how to file a claim
- Not Enrolled? Consider this benefit during the next annual enrollment period

Disability Plan Summary

How to File a Claim

March Sleep Challenge 💤

Ready to rest and recharge? Join our Sleep Challenge beginning March 4th and ending March 25th!
Here's how it works:

- Each day you get the recommended amount of sleep for an adult (7–9 hours per night), you can submit one entry.
- Every entry gives you a chance to win a $50 gift card to Cabo Bob's!

https://forms.gle/8GHvgmk8ieCo8RSC9

HEALTHY TIP

Getting 7–9 hours of sleep each night helps improve mood, boost focus and productivity, strengthen the immune system, and support overall physical and mental health, including better memory, decision-making, and energy levels. To get the recommended amount, create a consistent bedtime routine, limit screen time before bed, keep your room cool and dark, and avoid caffeine late in the day.

HEALTHY RECIPE

Cilantro Lime Chicken Lettuce Cups
Lean protein + fresh ingredients make this a lighter, energizing spring lunch option.

https://tinyurl.com/yzzb2hw6

CHALLENGE WINNER

Franchelle Davis a DVISD Travel Nurse Assistant won the February Veggie Challenge and a one month trail membership to Body Fit Training!

