



South San Cares

Wellness Newsletter | March 2026

WELLNESS RESOURCES

- 🍀 **Vitamin Shot Clinic 3/17**
- 🍀 **A1C Screening 3/24 and 3/25**
- 🍀 **Managing Your Money- Workshop 3/25**
- 🍀 **Grocery Shopping on a Budget Webinar**
- 🍀 **Benefits Contact List**



Date: Tuesday March 17, 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.

FREE A1C TESTING DIABETIC SCREENING

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

WHY SHOULD I GET TESTED?

1. Diagnosing Prediabetes early
reduces the risk of:

- Type 2 Diabetes
- Heart Disease
- Stroke

2. Manage, Monitor and
Prevent Health Problems

3. Prediabetes and Type 2 Diabetes
often do not have symptoms

4. Accurate Results in 5 minutes

Tuesday, March 24

Durbon Athletic Center

7800 Kindred, 78224

2:00 PM – 6:00 PM

Wednesday, March 25

SSAISD Admin Center

5622 Ray Ellison, 78242

2:00 PM – 6:00 PM



**Families and
children are all
welcomed!**



**community
labs**



**SOCIAL AND HEALTH
RESEARCH CENTER INC**



BCBS Webinar: Grocery Shopping on a Budget



Wednesday, March 25, 2026

Navigating the grocery store on a budget doesn't mean sacrificing nutrition or satisfaction, it means being smart, strategic, and prepared.

This presentation covers:

- nutrition basics
- how to shop for nutrient dense foods
- reading nutrition labels
- resources available to you

NOON
Webinar



5 PM
Webinar





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
