Employee Wellness

September Newsletter

Benefits Spotlight

New Benefit Plan Year Starts Sept. 1, 2026

Want to view your 2026-27 Benefit Elections?

Visit: www.mybenefitshub.com/delvalleisd or scan the QR code below.

Need care but don't have your card?
Log in to your TRS ActiveCare, Express Scripts, or Humana account to download an e-card or contact the carrier.

Have benefit plan questions?
Contact the Benefits Service Center for benefit questions and new hire enrollment.

Call: (844) 341-0940, Mon-Fri, 7AM-6PM
Email: delvalleisd@hps.higginbotham.net

bcbstx.com/trsactivecare
866-355-5999
express-scripts.com/trsactivecare
844-367-6108
humana.com
800-233-4013 (group#401947)

benefitsHUB

Health Challenge

The Water Challenge runs from September 7–25. Each day you drink at least 6 cups of water, submit your name using the form below—you may enter once per day. The winner will be announced the first week of October and will receive 10 free session at Body Fit Training.

https://forms.gle/iEFr4xHZRCAFELrB7

HEALTHY TIP

Staying hydrated is one of the simplest ways to boost your energy and focus throughout the day. Drinking water regularly helps regulate body temperature, support digestion, and keep your skin healthy. Carry a reusable water bottle with you as a reminder to sip often and meet your daily hydration goals.

HEALTHY RECIPE

Greek Chicken Orzo Power Bowls - super easy to make and packed with delicious ingredients.

https://tinyurl.com/mw2eeh6a

CHALLENGE WINNER

Jane Martin the District Athletic Coordinator won the Summer Step Challenge and was awarded a $50 Cabo Bob's Gift Card.

