

Galena Park ISD Employee Benefits

Fall 2017 Newsletter

Fall 2017

You can now view your Employee Benefits in the Teams Employee Service Center?

Simply go to your Teams Employee Service Center, and select "My Benefits Information" then select "My Benefits".

You will notice the "Benefits Plan Year 2017-2018" displayed.

Simply highlight the plan year, and then select "View".

You will see a list of each insurance product you have purchased along with the monthly cost for each benefit, and a list of your dependents covered under the insurance plan selected.

This screen does not display 403b and 457 plan information, nor does it display beneficiaries at this time.



Date: September 22nd

Location: Administration Building

Room: M103

Time: Beginning at 8am

The flu shot is covered at 100%, and is free of charge to anyone on:

- ♦ TRS ActiveCare 1 HD
- ♦ TRS ActiveCare 2

[Be Sure To Bring Your Insurance Card](#)

There is a \$25 fee for all others.

CHECK YOUR PAY STUB!

The September 15th payroll will show your 2017-2018 Employee Benefit deductions.

Check your pay stub! Be certain you have the correct benefits listed that you elected during Open Enrollment.

If you have any concerns, please contact one of the Employee Benefits Team members.



Mobile Mammograms are Returning

The Rose is returning to GPISD on December 6th to provide mobile mammograms in their new mobile unit.

If it has been one year since your last preventive mammogram, and you are on the TRS ActiveCare 1 HD plan or ActiveCare 2 plan, your preventative mammogram is covered at 100%. **If you are covered by any other plan** you must verify that you can use The Rose for your preventive mammogram before making an appointment.

No doctor's orders are needed to receive your mammogram.

“I cannot endure to waste anything as precious as autumn sunshine by staying in the house. So I spend almost all the daylight hours in the open air.”

-Nathaniel Hawthorn



Employee Benefits Staff Highlight

Stephanie Soto began working at GPISD in October 2014. Stephanie is a graduate of Yates High School.

Stephanie loves to travel, and enjoys new adventures in her spare time.

Stephanie is bilingual, and can assist you with any of your Benefit questions.

Long Term Care Insurance

Although GPISD does not offer Long Term Care Insurance, Long Term Care Insurance is offered through TRS in partnership with Genworth.

Long Term Care Insurance is the assistance or supervision you may need when you are not able to do some of the basic activities of daily living such as:

-Bathing, Dressing, Eating, Contenance, Toileting, Moving in and out of Bed and more.

A need for long term care may result from:

Accidents, Illness, Advanced Aging, Stroke, and Other Chronic Conditions.

Providing long term care can be time consuming, expensive and exhausting.

Help protect your family and get the information you need to see if long term care insurance should be a part of your plan.

Call Genworth at: 1-866-469-7902

Don't throw those pumpkins seeds away. Try roasting the seeds for great flavor. Pumpkin seeds are full of iron, zinc, calcium, and magnesium.

To Roast Pumpkins Seeds

- ◆ Remove all the seeds from your pumpkin and place them in a bowl of warm water for 5-7 minutes; the seeds will float.
- ◆ Remove the seeds from the water, lay them on a cookie sheet, and pat them dry with a paper towel.
- ◆ Preheat your oven to 350°. Line your baking sheet with parchment paper.
- ◆ Toss each 1/2 cup of seeds with a tspn. of olive oil or your favorite flavored oil (*if desired*).
- ◆ Toss in your favorite seasoning such as salt (*if desired*).
- ◆ Bake 20-30 minutes stirring 2-3 times during baking.



Enjoy!

There are about 285 calories in 1 cup of roasted pumpkin seeds. The calories increase if you use oil and /or seasoning.

Upcoming Scheduled Wellness Events

- ◆ **09/19-Biometric Screening**-Administration Building-Room M103-Pre-registration Required-*EVENT FULL*
- ◆ **09/22-Flu Vaccines**-Administration Building-Room M103-covered at 100% for TRS ActiveCare 1HD and TRS ActiveCare 2 plan members; \$25 fee for all others, payable by credit card. Offered on a First Come First Serve basis.
- ◆ **10/19-Lunch and Learn**-Administration Building-Room M103/104-Topic-Credit Scores and Credit Reporting.
- ◆ **10/26-Biometric Screening**-Zotz-Room CFS 6017-Registration required, and will open at the end of September.
- ◆ **11/10 Lunch and Learn**-Administration Building-Board Room-Topic-Physical Therapy
- ◆ **12/6-The Rose-Mobile Mammograms**-Administration Building-Mobile Unit-Registration will open in November.

In '2018 we will offer-Mobile Physicals.....more information to come.

Universal Availability Notice

In compliance with the requirements of IRC (Internal Revenue Code) §403(b)(12)(A)(ii) this Notice will advise you of the voluntary 403(b) Program established and maintained for the benefit of all employees. You may access the GPISD retirement plan options and availability by visiting www.ffga.com.

GPISD offers the 403(b) plan and Roth 403(b) as well as a 457 and Roth 457 plan to ALL GPISD employees.

Eligibility - All employees who are employed by the Employer, including full and part-time employees.

Contributions - When you enroll in the program, the amount you designate as a salary deferral is withheld from your wages and forwarded to an investment provider of your choice. Several types of contributions may be available in your plan:

Pre-Tax Salary Deferral: This contribution is put into a 403(b) Plan that is deferred from your paycheck before federal income taxes are applied.

Roth Salary Deferral: This amount is also deferred from your paycheck, but are subject to federal income taxes. When you withdraw your money from a Roth plan the funds may be excluded from taxation. Special rules apply to Roth contributions and you should contact your tax advisor before electing this option.

For 2017, you may defer from your wages, a maximum of \$18,000 to all 403(b) and 457(b) plans unless you will reach 50 years of age during the year. In that case, you would be eligible to contribute an additional \$6,000. Deferrals may not exceed 100% of your wages.

Rollovers: You may also rollover funds from another employer's plan if you receive an eligible rollover distribution.

Plan Investment Options - Your contributions to the 403(b) Plan must be made to an investment provider approved by your Employer. Before enrolling in the plan, you must first establish an account with one of the approved Providers which can be found on www.ffga.com. Once you have executed an investment contract and established an account, you can begin making contributions.

Assistance - You may enroll in the plan or receive assistance from First Financial Administrator, Inc. or a representative for one of the plan's Investment Companies listed on www.ffga.com.

Additional information about the provisions and options in your plan are available by contacting First Financial Administrators at (800) 523-8422 or from the plan's web site, www.ffga.com.

The following are some guidelines to assist you with your decisions. Note that any changes you make now will continue in '2017 forward, so don't forget to readjust your contributions once '2018 begins, if that is what you wish to do.

Additional information about the provisions and options in your plan are available by contacting First Financial Administrators at (800) 523-8422 or from the plan's web site, www.ffga.com.