

# Happy Holidays!

## Galena Park ISD Employee Benefits Quarterly Newsletter



WINTER 2019 | DECEMBER 2019 – JANUARY 2020

### ***SURVIVING THE HOLIDAYS!***

The holiday season can be a favorite time of year for some and for others, it brings feelings of sadness and loss. Here are a few tips:

1. Keep your regular routine
2. Think moderation
3. Be realistic, and try not to expect the “ideal” holiday
4. Stay connected
5. Throw guilt out the window
6. Don't be alone, if you don't want to be
7. Focus on today, not yesterday
8. Just say no
9. Ask for help
10. Be good to yourself

Source: <https://www.psychologytoday.com/us/blog/life-without-anxiety/201212/10-tips-surviving-the-holidays>

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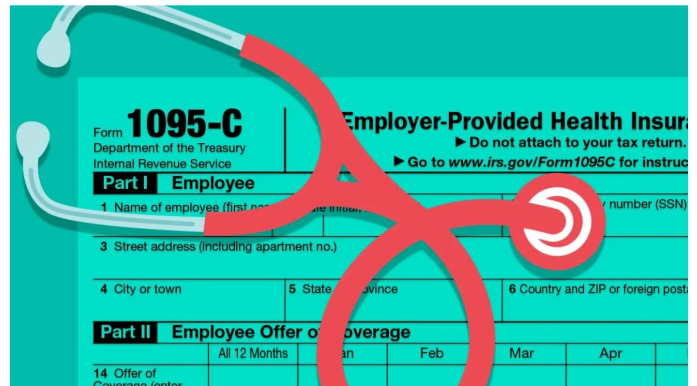
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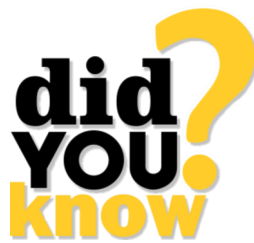
# 1095-C FORMS ARE COMING SOON!

As required by the **Affordable Care Act**, the District will furnish annual statements and file information returns regarding health insurance offered to employees who were employed with GPISD one or more months during 2019.



**1095-C Form, *Employer-Provided Health Insurance Offer and Coverage*** is to be mailed to employees no later than **January 31, 2020**. It is not necessary to wait to receive this form to file your individual tax return.

If you do not receive your 1095-C Form by **February 15, 2020**, please contact Employee Benefits.



If you are currently enrolled Long Term Disability, you have access to the **EMPLOYEE ASSISTANCE PROGRAM (EAP)** supplemental benefit at no additional charge. An EAP helps you manage everyday issues from work-life balance to family concerns.

#### Benefits include:

- \* Three phone sessions with a certified life coach
- \* 24/7 resources
- \* Telephonic support for legal and financial issues
- \* And more!

#### For More Information:

800-456-0018  
Lifeworks.com  
User ID: afac  
Password: lifeworks



NOVEMBER 30, 2019

FSA DEADLINE TO SUBMIT RECEIPTS

DECEMBER 5, 2019

LUNCH 'N LEARN "SURVIVING THE HOLIDAYS"

JANUARY 31, 2020

RECEIVE FORM 1095-C

FEBRUARY 2020

HEALTH KIOSK





# NEW: TRS-ACTIVECARE AND TRS-CARE STANDARD OFFERS VIRTUAL MENTAL HEALTH SERVICES THROUGH TELADOC

TRS-ActiveCare and TRS-Care Standard now offers mental health benefits through Teladoc. Adults 18 and older can receive confidential care for anxiety, depression, grief and more from a licensed therapist, psychologist, psychiatrist or certified drug and alcohol abuse counselor from the comfort of their home. Visits with Teladoc Mental Health providers are only available through video conference via a computer, smart phone or tablet. All Teladoc visits will count toward your deductible and maximum out-of-pocket. Teladoc doesn't offer a crisis hotline; however, if you are in a crisis or experiencing emotional distress, please call the **National Suicide Prevention Lifeline at 1-800-273-8255**.

## MENTAL HEALTH CONDITIONS TREATED:

- \* Depressive Disorders
- \* Anxiety Disorders and Phobias
- \* Bipolar and Related Disorders
- \* Schizophrenia and Psychotic Disorders
- \* Attention Disorders
- \* Addiction and Substance (Related Disorders & Alcoholism)
- \* Eating Disorders
- \* Obsessive Compulsive and Related Disorders
- \* Personality Disorders
- \* Obsessive Compulsive and Related Disorders
- \* Personality Disorders
- \* Sleep/Wake Disorders

Mental Health Service	TRS-ActiveCare 1HD (After deductible, the plan pays 80%)	TRS-ActiveCare Kelsey Seybold (No cost after out of pocket maximum is met)	TRS-ActiveCare Memorial Hermann (No cost after out of pocket maximum is met)	TRS-ActiveCare 2 (No cost after out of pocket maximum is met)	Declined Medical
Initial Psychiatry Session	\$185 or less	\$70 Specialist Copay	\$70 Specialist Copay	\$70 Specialist Copay	\$185
Follow-Up Psychiatry Session	\$95 or less	\$70 Specialist Copay	\$70 Specialist Copay	\$70 Specialist Copay	\$95
Therapy Session with a Licensed Psychologist or Therapist	\$85 or less	\$70 Specialist Copay	\$70 Specialist Copay	\$70 Specialist Copay	\$85



## Set Up Your Account

If you haven't done so already, get started with Teladoc by setting up your account so that it's ready to use when you need it. There are several easy and convenient ways to get started today:

**Online:** Visit [Teladoc for TRS-Care Standard](#) OR [Teladoc for TRS ActiveCare](#), then scroll down to "Setup your account" and input all required information.

**Mobile App:** Download the mobile app from the Apple Store or Google Play Store. Once downloaded, open the app and click "Set up your account" to get started.

**By Phone:** Call **1-855-Teladoc (835-2362)** to set up your account by phone with a Teladoc representative.



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# Teladoc Behavioral Health

## Frequently Asked Questions

### What is Teladoc Behavioral Health care?

Teladoc Behavioral Health is a new telemedicine benefit offered to TRS-Care Standard and TRS-ActiveCare plan participants. Our board-certified psychiatrists and licensed psychologists, social workers, & family/marriage therapists can help with depression, anxiety, stress, panic disorder, ADHD, schizophrenia, work-related, personal issues, and more.

### Who can use this benefit?

TRS-Care Standard and TRS-ActiveCare participants who are 18 and older can use this benefit.

### How do I request a Behavioral Health consult?

When requesting a video appointment, you pick your preferred appointment time, followed by two other available times to propose to the provider. The provider can either accept the time you proposed or propose other times to you to get the consult scheduled.

If a provider needs to propose a new time, they use the information from the consult request to propose a suitable time. You can either accept the proposed time or suggest a new time to start the process over.

You can request an appointment as early as 72 hours in the future. Our providers will respond to your appointment request within 48 hours.

**Please note: Teladoc Behavioral Health visits are only available through video appointments.**

### Do I have to schedule an appointment, or can I just call and get the next available time?

All Behavioral Health consults are scheduled. Teladoc Behavioral Health does not support an on-demand option at this time.

### Can I talk to the same Provider each time I request a consult?

Yes. You can choose to see the same specialist or a different one. It's your choice.

### How much does each consult cost?

- Psychiatrist (initial visit) \$185
- Psychiatrist (ongoing visit) \$95/session
- Psychologist, licensed clinical social worker, counselor or therapist \$85/session

### Can Behavioral Health providers write a prescription?

Psychiatrists are the only behavioral health providers who can prescribe medications. They currently prescribe from a limited formulary, including antidepressants (e.g., Paxil, Zoloft, etc.) and other select medications as shown below.

Medications Teladoc psychiatrists can prescribe include:

- **Antidepressants:** Asendin, Celexa, Desyrel, Lexapro, Paxil, Prozac Remeron, Sinequan, Viibryd, Vivactil, Wellbutrin, and Zoloft
- **Anxiolytics/Sedatives/Hypnotics – Schedule II and IV meds:** BuSpar, Benadryl, Melatonin, Rozerem
- **Chemical Dependency Adjuncts:** ReVia and Vivitrol
- **Monoamine Oxidase Inhibitors (MAOIs):** Emsam
- **Misc.:** Luvox and Neurontin

**Our psychiatrists do not currently prescribe antipsychotics, mood stabilizers, or stimulants.**

Our therapists (psychologists, counselors, etc.) do not prescribe medications.



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# KNOW BEFORE YOU GO!

Knowing your options for medical care can help save you time and money.

## KNOW YOUR OPTIONS SAVE TIME AND MONEY

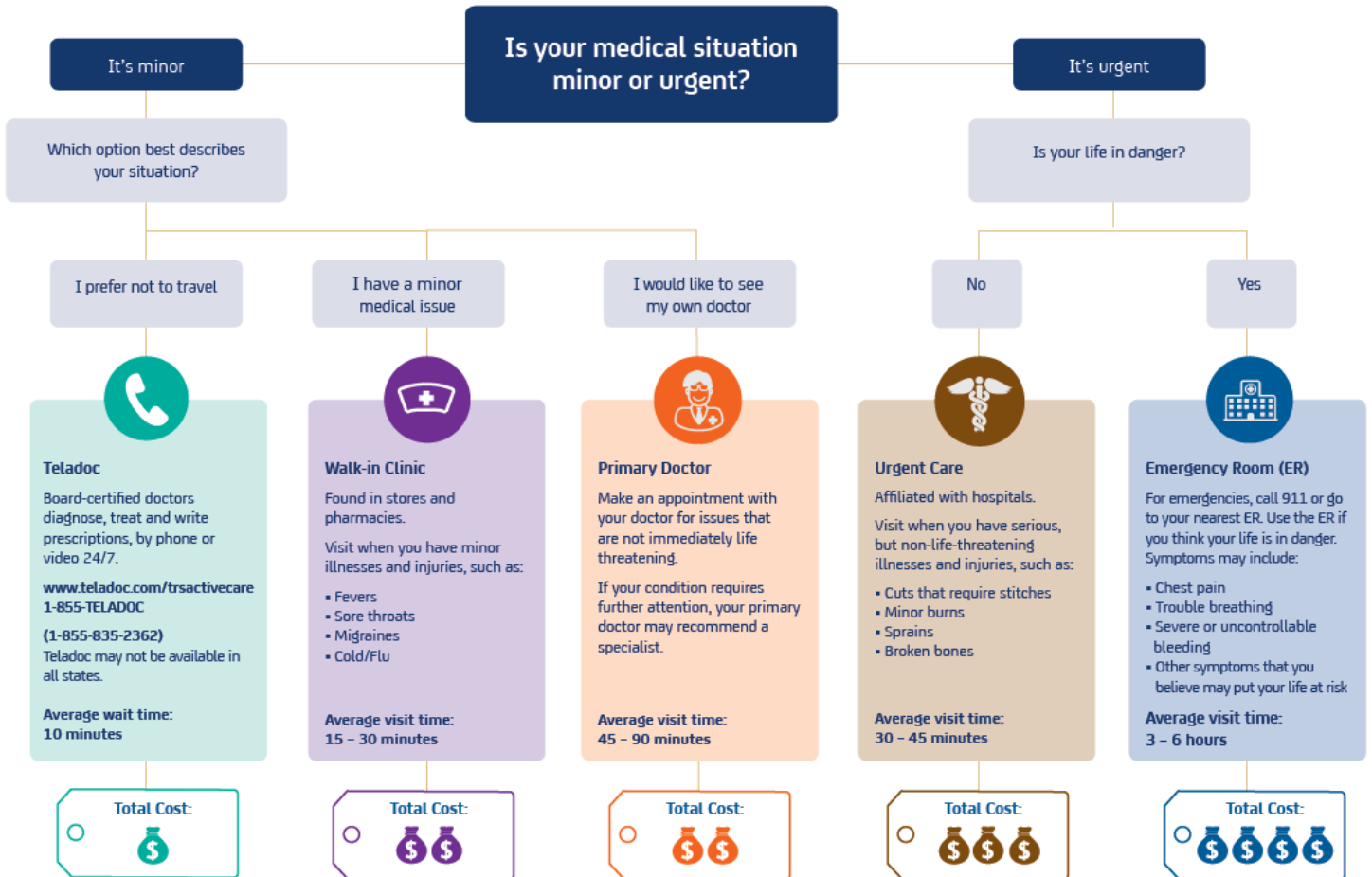
Knowing your options for medical care can help save you time and money

Follow the path below for help in getting the right level of care at the right place for the lowest cost.



### DON'T GET STUCK WITH A LARGE BILL IF YOU DON'T HAVE TO!

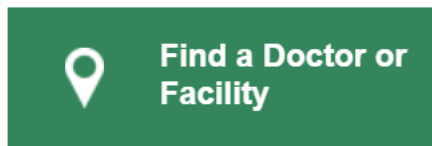
Not all ERs are located within a hospital. More and more are operating as a separate facility. These "freestanding" ERs can easily be confused with an urgent care center or walk-in clinic. But if a facility has the word "emergency" in its name, you'll be billed for services as though you did go to a hospital ER. Ask before you go!



## FIND A DOCTOR OR FACILITY AT

<https://www.tractivecareatna.com>

Look on the right navigation options for



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## Safe Toys and Gifts Awareness Month

Roughly 1 in 10 children's eye injuries that end up in the ER are caused by toys. Prevent Blindness America has declared December as Safe Toys and Gifts Awareness Month. The group encourages everyone to consider if the toys they wish to give suits the age and individual skills and abilities of the individual child who will receive it, especially for infants and children under age three.

### TIPS:

- \* Inspect all toys before purchasing. Avoid those that shoot or include parts that fly off. The toy should have no sharp edges or points and should be sturdy enough to withstand impact without breaking, being crushed, or being pulled apart easily.
- \* When purchasing toys for children with special needs try to: Choose toys that may appeal to different senses such as sound, movement, and texture; consider interactive toys to allow the child to play with others; and think about the size of the toy and the position a child would need to be in to play with it.
- \* Be diligent about inspecting toys your child has received. Check them for age, skill level, and developmental appropriateness before allowing them to be played with.
- \* Look for labels that assure you the toys have passed a safety inspection – “ATSM” means the toy has met the American Society for Testing and Materials standards.
- \* Gifts of sports equipment should always be accompanied by protective gear (give a helmet with the skateboard)

See more useful tips at <https://www.apha.org/events-and-meetings/apha-calendar/2019/safe-toys-and-gifts-month-2019>



## January Is National Birth Defects Prevention Month

We know that not all birth defects can be prevented. But, you can increase your chances of having a healthy baby by doing what you can to be your healthiest self both before and during pregnancy. What is best for you is also best for your baby.

### Best for You. Best for Baby. 5 Tips for Preventing Birth Defects:

- Tip ①: Be sure to take 400 micrograms (mcg) of folic acid every day.
- Tip ②: Book a visit with your healthcare provider before stopping or starting any medicine.
- Tip ③: Become up-to-date with all vaccines, including the flu shot.
- Tip ④: Before you get pregnant, try to reach a healthy weight.
- Tip ⑤: Boost your health by avoiding harmful substances during pregnancy, such as alcohol, tobacco, and other drugs.

Get more information at <https://drive.google.com/file/d/1ox7zFEgYpwFD-0ycqV07n4swjI17MHG2/view?usp=sharing>

Source: <https://www.nbdpn.org/bdpm.php>

Birth defects *affect* us all.



What effect will YOU have on birth defects?



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# INTRODUCING A NEW PARTNERSHIP AND DISCOUNTS WITH 24 HOUR FITNESS



## Live Fit For Less

### Special Membership Rates for Galena Park ISD Employees

Lift your day in every way with special membership rates at 24 Hour Fitness. From free studio classes, to on-demand workouts, to convenient locations near work and home, we make it easy to work in our workouts so you can live your best.

 Program Offer		 All-Club Sport	 All-Club Super-Sport
Employee	Payment With 1 Year Commitment	\$0.00 Initiation Fee \$30.99 Dues/Month	\$0.00 Initiation Fee \$40.99 Dues/Month
Employee	Monthly Payment	\$29.99 Initiation Fee \$35.99 Dues/Month	\$29.99 Initiation Fee \$45.99 Dues/Month
Each Add-On	Monthly Payment	\$0.00 Initiation Fee \$30.99 Dues/Month	\$0.00 Initiation Fee \$40.99 Dues/Month

• Annual fee \$49.99

• Personal training available - Additional Fees Apply

To join, visit: [www.24hourfitness.com/corporate](http://www.24hourfitness.com/corporate)  
Enter your corporate ID: 113639

Questions? Contact your local 24 Hour Fitness location

Offer Expires 11/01/20

\*Offer valid for new members only. Offer only valid on the select Monthly Payment membership listed above (limited employee ID, business card or current pay stub as proof of eligibility for employees of participating companies. Offer not valid on Legacy or Commitment Monthly Payment memberships. Select club of enrollment must be within 50 miles of purchaser's residence. Pay Annual Fee once during first year of enrollment and annually thereafter on applicable monthly payment (MT) memberships. All-Club access is for club of enrollment only. All-Club access depends on membership purchased. All-Club Sport memberships do not include access to Super/Elite Sport clubs. All-Club Super Sport memberships do not include access to Elite Sport clubs. Fees must be paid by pre-authorized payment (ACH). Kids' Club, Group/Personal Training specialty classes and class reservations available for an additional fee. 2400™ Premium subscription required for some features. Must be at least 18 years old or 12 with parent. No other discounts with this offer. Incentives may be offered for other memberships. Facilities, classes and amenities may vary per location. Not all clubs open 24 hours every day. See club for details. ©2019 24 Hour Fitness USA, Inc. See Health Studio # 000501. Florida Registration numbers H57805, H57827, H57842, H58485, H57879, H57838, H57774, H58458, H57908, H57744, H57825.



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# HAPPY HOLIDAYS & HAPPY NEW YEAR

**Important**

Our Department will be closed December 23, 2019 — January 3, 2020. We will return to the office on January 6, 2020. Keep this directory handy during the break.

## My ID Card? My Benefits? My Doctor?

### BENEFITS DIRECTORY

Benefit	Carrier	Website / Portal	Phone
Cancer Plan	Allstate	<a href="http://www.allstateatwork.com">www.allstateatwork.com</a>	1-800-521-3535
Critical Illness	American Fidelity	<a href="http://www.americanfidelity.com">www.americanfidelity.com</a>	1-800-654-8489
Dental DHMO	Guardian	<a href="http://www.guardiananytime.com">www.guardiananytime.com</a>	1-800-541-7846
Dental PPO	Ameritas	<a href="http://www.ameritas.com">www.ameritas.com</a>	1-866-662-2731
Dependent Care Account (DCA)	First Financial Group of America	<a href="https://ffa.wealthcareportal.com/Page/Home">https://ffa.wealthcareportal.com/Page/Home</a>	1-866-853-3539
Disability	American Fidelity Disability	<a href="http://www.afadvantage.com/">http://www.afadvantage.com/</a>	1-800-662-1113
Flexible Spending Account (FSA)	First Financial Group of America	<a href="https://ffa.wealthcareportal.com/Page/Home">https://ffa.wealthcareportal.com/Page/Home</a>	1-866-853-3539
Health Savings Account (HSA)	First Financial Group of America	<a href="https://ffa.wealthcareportal.com/Page/Home">https://ffa.wealthcareportal.com/Page/Home</a>	1-866-853-3539
Hospital Indemnity	Aetna	<a href="http://www.aetnavoluntaryforms.com">www.aetnavoluntaryforms.com</a>	1-888-772-9682
Legal Plan	LegalEase	<a href="http://www.legaleaseplan.com/content/galena">www.legaleaseplan.com/content/galena</a>	1-888-416-4313
Life Insurance - Permanent	Texas Life	<a href="http://www.texaslife.com/">http://www.texaslife.com/</a>	1-800-283-9233
Life Insurance – Term	Dearborn National Group Life	<a href="http://www.dearbornnational.com">www.dearbornnational.com</a>	1-800-348-4512
Medical	TRS Aetna	<a href="http://www.tractivecare.aetna.com">www.tractivecare.aetna.com</a>	1-800-222-9205
Prescriptions	Caremark Prescription	<a href="https://info.caremark.com/tractivecare">https://info.caremark.com/tractivecare</a>	1-800-222-9205
Retirement Plans & Investments	First Financial Group of America	<a href="http://www.ffga.com">www.ffga.com</a>	1-800-523-8422
Teladoc	Telemedicine	<a href="http://www.teladoc.com">www.teladoc.com</a>	1-800-TELADOC 1-800-835-2362
Vision	Davis Vision	<a href="http://www.davisvision.com">www.davisvision.com</a>	1-800-999-5431



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