



Galena Park ISD Employee Benefits Quarterly Newsletter



FALL 2019 | SEPTEMBER – NOVEMBER 2019

Welcome Back To School & To Your New Benefits!

With the start of another school year, comes the start of a new Benefits Plan Year. Did you know that your benefits are effective **September 1 – August 31** of every year?

Your full benefits are available and both your deductibles and out of pocket maximums are reset.

Your benefit deductions for the new plan year will be on the September 13, 2019 paycheck. Remember to check your paystub and notify Employee Benefits by October 1 if something is wrong.

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BENEFITS DIRECTORY



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VIEW YOUR BENEFITS IN TEAMS

Simply log into TEAMS and access the *Employee Service Center* entry point.

Select *My Benefits Information* and then *My Benefits*.

Select *Benefits Package 2019-2020* and click *View*.

Your benefit elections, monthly premiums, covered dependents and beneficiaries will be displayed.

403(b) and 457(b) retirement plan information is not available in TEAMS.

View by October 1, 2019

Contact Employee Benefits for any concerns

Interested in joining the

Employee Benefits Committee?

Send an email to

Benefits@galenaparkisd.com

2019-2020 Meeting Dates:

10/16/2019

12/04/2019

02/26/2020

04/20/2020

4 - 5 PM in the Administration Building



Make the Most Out of Your Plan by Using Your Preventive Care Services

- Regular preventive care visits and health screenings may help you identify potential health risks for early diagnosis and treatment.
- Routine checkups and preventive services may help you avoid serious health problems and maintain your health. Your health plan covers important **in-network** preventive services at no cost to you.
- Some preventive care tests and screenings are based on age, gender and overall health status.
- TRS plans pay 100% when you use an in-network provider for **annual wellness visits, immunizations, cancer screenings, health counseling for weight loss, depression** and so much more. Click the link for a quick-reference of [Covered Preventive Care Services](#).

Preventive Visit

What's Considered a Preventive Care Service?

- You have not had the preventive screening done before and do not have symptoms or other abnormal studies suggesting abnormalities.
- You have had a screening done within the recommended timeframe (i.e. annual mammogram) with normal findings.
- You have had diagnostic service results that were normal and future preventive screenings follow the recommended preventive services timeframe.
- You have had a preventive care service done that results in a therapeutic service that your physician requires be done at the same medical visit. Since it is an integral part of the preventive care service, the therapeutic service would be considered a preventive service. If you have no prior history of the condition, then this is truly a preventive screening and should be billed as such.

Diagnostic Visit

What's Considered a Diagnostic Care Service?

- Your provider found abnormalities on a previous preventive or diagnostic care service that requires further diagnostic services.
- You had abnormalities found on a previous preventive or diagnostic care service that would recommend a repeat of the same service within a shortened timeframe.
- You had symptoms that required further diagnosis.





In August, the Board of Trustees increased the district's contribution toward TRS ActiveCare health premiums by \$25/paycheck. This increase will reduce the employee's cost to participate in the TRS ActiveCare medical plans!

thank you!

DR. ANGI WILLIAMS
&
THE BOARD OF TRUSTEES



- SEPTEMBER 9 - 16, 2019 FLU CLINICS
- SEPTEMBER 13, 2019 CHECK YOUR DEDUCTIONS IN TEAMS
- OCTOBER 11, 2019 WELLNESS FAIR
- NOVEMBER 15, 2019 FSA DEADLINE TO INCUR ELIGIBLE EXPENSES
- NOVEMBER 19, 2019 THE ROSE MOBILE MAMMOGRAPHY EVENT
- NOVEMBER 30, 2019 FSA DEADLINE TO SUBMIT RECEIPTS

MORE TO COME...LUNCH 'N LEARNS...WELLNESS CHALLENGES...SEMINARS...SCREENINGS!

Galena Park ISD Flu Clinics

Walgreens will offer flu vaccines to employees and their family members in Galena Park ISD . Please bring your insurance card to verify coverage. Most plans will cover the cost of the shot as a preventive care service. If you are not covered under an approved plan or you do not have insurance, you will be required to pay a \$35.00 fee. Limited vouchers are available.

Please contact Teresa Rainer, GPISD Lead Nurse at 832-386-2094 or by email at trainer1@galenaparkisd.com with questions.

	September 9	September 10	September 11	September 12	September 13	September 16
7:00am - 8:30am	Maintenance	PYB	PSE	CIM	NSSH 11-12	SAM
9:00am - 10:30am	GPE	JCE	NCE	CLF & ADMIN	NSSH 10th	GVE
11:00am - 12:30pm	MAC	WAMS	Transportation	NSE	HAV	NS9
1:00pm - 2:30pm	GPMS	WAES	TICE	Williamson	ADMIN	
3:00pm - 4:00pm	GPHS	COBB	CMS	Early College	NSMS	



24/7 access to doctors by phone or video.

Talk to a doctor by phone or video.

Set up your account today

Our doctors are here for you—day or night

You have Teladoc as a part of your benefits from Galena Park ISD.

Whether you get the flu, a cough, or a sinus infection, our licensed doctors are here for you 24/7 by phone or video from wherever you are.

With Teladoc, it's easier than ever to feel better right when you need to, so no matter what flu season brings, you're in good hands.



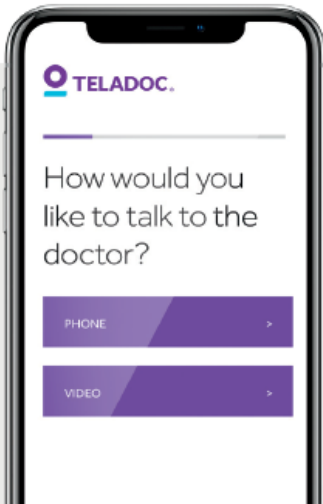
Talk to a doctor by phone or video 24/7 anytime, anywhere**



Get a diagnosis, treatment, and prescription when needed



Avoid the potential high costs and long wait times of the ER



Getting started is easy!

1 Get started

Download the app, go online, or call

2 Set up account

Complete a brief medical history

3 Connect to a doctor

A Teladoc doctor is now just a call or click away

Teladoc.com | Download the app | 1-800-TELADOC (835-2362)



WHAT IS TELADOC?

Teladoc is a benefit where you can talk to a licensed doctor by web, phone or mobile app in minutes.

HOW MUCH DOES IT COST?

\$0. There is no premium or consultation fee charged to GPISD employees. If you are enrolled in ActiveCare Select or ActiveCare 2, TRS provides Teladoc at no cost to you. If you are enrolled in ActiveCare 1 HD or waived medical, the district provides Teladoc at no cost to you.

DO I HAVE TELADOC?

Yes, but you must register! All full-time employees and their dependents, under the age of 26, have Teladoc.

HOW DO I REGISTER?

REGISTER NOW, before you or your dependent(s) become sick! It takes 10 minutes to register and provide your medical history.

Call 1-800-835-2362 | Go to www.teladoc | Download the app



September is Childhood Cancer Awareness Month

Childhood Cancer Awareness Month (CCAM) is recognized every September by childhood cancer organizations around the world. Most childhood cancers fall into one of several specific types, as listed in this [link](#). Common adult cancers (lung, breast, colon, and others) rarely occur in children or adolescents. Childhood cancers tend to be more aggressive than adult cancers.

Each year in the U.S., an estimated

15,780

children aged 0-19 are diagnosed with cancer.

Approximately

1 in 285

children

in the U.S. will be diagnosed with cancer before their 20th birthday.

Globally there are more than

300,000


children diagnosed with cancer each year.

Cancer remains the

#1


cause of death by disease for children in America.

Source: <https://www.acco.org/childhood-cancer-awareness-month/>

No matter who you are or where you live, breast cancer may touch your life. Breast cancer is the most common cancer among women in the U.S. and around the world. In 2019, about 268,600 new cases of breast cancer will be diagnosed in women in the U.S. alone.

Progress in treatment and early detection has led to improved survival for people of all ages and races, and with all stages of breast cancer. In fact, there are more than 3.5 million breast cancer survivors in the U.S. today (more than any other group of cancer survivors)!

Screening tests are used to find breast cancer before it causes any [warning signs or symptoms](#). Screening tests can find breast cancer early, when the chances of survival are highest. Regular screening tests, follow-up tests (and treatment, if diagnosed) reduces your chance of dying from breast cancer. Source: <https://ww5.komen.org/>



The Rose Mobile Mammography Event at GPISD
Administration Building | Tuesday, November 19, 2019 | 9 AM - 3:30 PM
Registration Site: www.therose.org/mobile | Code: GPISD
To register, participants will need both the web address and the code



NOVEMBER IS
PULMONARY HYPERTENSION
AWARENESS MONTH

Pulmonary hypertension (PH), is a complex and often misunderstood disease. The term PH means [high blood pressure in the lungs](#). In “regular” [hypertension](#) (also known as high blood pressure or “systemic hypertension) the pressure in the [arteries](#) throughout the body is higher than it should be. This can be measured with a blood pressure cuff. In PH, the blood vessels specifically in the lungs are affected. They can become stiff, damaged or narrow, and the right side of the heart must work harder to pump blood through. Read more at <https://phassociation.org/patients/aboutph/>





SAVING FOR RETIREMENT

The new school year is here and we would like to provide you with information on saving for your retirement. Saving for retirement has never been easier; you elect the authorized provider in the plan that you want to contribute to, you elect the amount and the date to start. Contributions can start and stop any-time throughout the year.

Additionally, each year we are required to provide the Universal Availability Notice. The IRS Universal Availability requires that all employees are offered the opportunity to contribute to a 403(b) plan regardless of hours worked.

Please refer to <https://benefits.ffga.com/galenaparkisd/Benefits> for all of the plan information such as plans offered, vendors, summary of options, due dates, forms, rules for solicitation and your Retirement Specialist name, number and email.

[Click here for Universal Availability Notice](#)

[Click here for 403\(b\) Notice](#)

[Click here for 457 Notice](#)

My ID Card? My Benefits? My Doctor?

BENEFITS DIRECTORY

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