

RISK MANAGEMENT NEWS

Lubbock ISD— Risk Management

Winter Health Tips

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- Warm up with stretching and light activities before your exercise routine.
- Layer up for warmth.
- Let friends and family know where you will be before you go out.
- Make sure you stay hydrated.
- Wash our hands frequently and with soap and water.
- Stay home if you are sick. Cover your cough/sneeze.
- Get your Flu shot and Covid vaccine/booster.

REMINDER—DENTAL REIMBURSEMENT PLAN ENDED DECEMBER 31, 2022—DEADLINE DATE OF 1/20/23 FOR CLAIMS SUBMISSIONS TO RISK MANAGEMENT

- As a reminder, the District changed to a traditional dental insurance plan for 2023 to allow for upfront cost savings/out of pocket savings to employees (you would have enrolled into this plan, if you desired, during open/annual enrollment in October).
- The dental reimbursement plan ended December 31, 2022 in which you may submit to Risk Management eligible claims for reimbursement.
- The cut-off date to submit your completed 2022 dental reimbursement form to Risk Management with receipt(s) is **JANUARY 20, 2023— NO EXCEPTIONS OR EXTENSIONS TO THIS DATE** (for October, November, and December claims).

Risk Management Department:

- Lisa Thompson, Executive Director—extension 0235
- Vaun Murphrey, Benefits Specialist—extension 0283
- Lucinda Lucero, Clerk—extension 0280
- Jamie Flores, Executive Secretary—extension 0282
- Linda Rosebeary, FEnroll Assistance—Clerk—extension 0281

Call Us—We Are Happy to Help!

Annual Health Reminders

- Remember, your health insurance deductible, maximum out of pocket expenses, etc. resets January 1st every year.
- Generally, wellness benefits such as annual checkups, wellness exams, mammograms, etc. are covered annually at no out of pocket cost to you (you can verify coverage by calling the 800 number on the back of your BCBSTX card). Recommended annual checkups/wellness exams to consider are:
 - Breast cancer screening for women ages 50-75 and cervical cancer screening for women ages 21-64
 - PSA for prostate cancer screening for men beginning at age 55 (or earlier depending on family history, symptoms, etc.)
 - Colorectal cancer screening for women and men ages 50-75
 - Pediatric immunizations for children and adolescent immunizations
 - Adult Immunizations— annual Flu vaccine, Tetanus Booster every 10 years, Shingles vaccine at age 50, Pneumonia vaccine at 65, Covid vaccine/booster(s)

Claims Processing Reminder:

2022 Dental Claims go to: Lucinda.Lucero@LubbockISD.org

****2022 DENTAL CLAIMS MUST BE SUBMITTED NO LATER THAN JANUARY 20, 2023 FOR REIMBURSEMENT—NO EXCEPTION****

Living Better Diabetes Reimbursement Claims go to: Vaun.Murphrey@LubbockISD.org

Gym Reimbursement Claims: Jamie.Flores@LubbockISD.org

All claims processed within 30-days (for completed requests/forms)