

# RISK MANAGEMENT NEWS

Lubbock ISD— Risk Management

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## **\*\*NEW 2023 Wellness Application—Go, Fit, Win!\*\***

- Lubbock ISD’s Wellness Partner, iaWellness, has launched a NEW wellness application tool for employees who participate in one of our medical insurance plans only. Information about the new WELLNESS application has previously been sent to employee health plan members from iaWellness via an email from “noreply@wellright.com”.
- It is very, very important that you immediately login using that link in the email mentioned above and begin utilizing this new application so that you obtain and maintain any wellness credits you have for the coming year and for the future. The new application is mobile phone friendly and is designed to be more user friendly.
- NEW guidelines and requirements have been implemented for 2023 to obtain/maintain credits for 2023 (new employees) and for 2024 premium benefits (a health risk assessment, 500 points, AND an annual wellness screening are required in 2023 for 2024 wellness credits) - so please do not wait until the last minute to complete the requirements—all due by 11/15/23.
- The NEW 2023 WELLNESS APPLICATION link is on our Risk Management Webpage or go to [lubbockisdwellness.wellright.com](http://lubbockisdwellness.wellright.com) - (company code—if prompted: lubbockisdwellness)

## **Preventing Injuries When Working With Students Who Are Escalated**

- Avoid wearing necklaces and ties—use clip-on identification badges or break-away lanyards.
- Avoid wearing rings with protruding stones and turn stones inward to avoid scratching or getting caught.
- Avoid wearing dangling or hoop earrings—consider eliminating earrings including studs that could cause injury if pulled.
- Follow Lubbock ISD’s intervention training program (Crisis Prevention Institute’s Nonviolent Crisis Intervention) when working with students who are escalated.
- Whether you are helping a non-escalated child up from the floor or lifting something, flex your knees and lift with your legs. Don’t lift more than your personal limits—ask for assistance and work together safely.

## **Risk Management Department:**

- Lisa Thompson, Executive Director—extension 0235
  - Vaun Murphrey, Benefits Specialist—extension 0283
  - Lucinda Lucero, Clerk/Wellness Coordinator—extension 0280
  - Jamie Flores, Executive Secretary —extension 0282
  - Linda Rosebeary, FEnroll Assistance—Clerk—extension 0281
- Call Us—We Are Happy to Help!*

## **Benefits Reminders for 2023**

- ⇒ Check to make sure your beneficiaries are correct—you can check by going to the FEnroll link on the Risk Management webpage—log in using your Lubbock ISD login and password and verify your dependents are correct. If a PIN# is requested, it is generally the last 4 digits of your social security number and last 2 digits of your birth year (questions—call 806-219-0281).
- ⇒ Remember that Lubbock ISD offers an Employee Assistance Program (EAP) free of charge to employees and immediate family members living in the home—up to 8 free counseling sessions/services for all employees, employee’s spouse, or children under the age of 18 or still in high school through TTU Health Sciences Center. EAP is designed to help you manage life’s problems before they become serious. Your EAP benefits include individual, couple and family counseling, health and wellness information, and a 24 hour crisis line. All services are provided by licensed professionals—at no cost to you—call for an appointment to 806-743-1327. (These visits are strictly confidential between TTUHSC and the employee.)
- ⇒ Make preventive care a priority—complete your annual checkup with your primary care physician, your dental cleaning/checkup, annual vaccines, etc.
- ⇒ Make sure your address and all contact information is correct in Frontline/Teams—contact Human Resources with any questions about updating your contact information.
- ⇒ Remember, dependent children can be covered on your insurance up to age 26; around the month of your dependent child turning 26, you will receive prior notification that they will be removed from insurance at the end of the month in which they are turning 26.

## **Claims Processing Reminder:**

Living Better Diabetes Reimbursement Claims go to: [Vaun.Murphrey@LubbockISD.org](mailto:Vaun.Murphrey@LubbockISD.org)

BCBS Wellness/Gym Reimbursement Claims: [Jamie.Flores@LubbockISD.org](mailto:Jamie.Flores@LubbockISD.org)

*All claims processed within 30-60-days (for completed requests/forms)*

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**REPORT IMMEDIATELY—Worker Injury/Compensation Reporting to:** CALL Lucinda at 806-219-0280 ([Lucinda.Lucero@LubbockISD.org](mailto:Lucinda.Lucero@LubbockISD.org))