

RISK MANAGEMENT NEWS

Lubbock ISD— Risk Management

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Lubbock ISD Health Plans and **NEW** Dental Plan for 2023

Lubbock ISD Board of Trustees recently approved the employee health plans for 2023. The medical plan will remain with Blue Cross Blue Shield of Texas and the prescription drug plan will remain with CVS/Caremark. Additionally, participants in the health plan will continue to be able to utilize the no copay clinics for their healthcare needs (feel free to visit our website for a list of those clinics that are zero/no copay).

We are very excited to share with you that Lubbock ISD will be transitioning to a traditional dental insurance plan in 2023 (instead of the current reimbursement plan). Be on the lookout for more information about that soon!

Annual enrollment is just around the corner (October), and we are excited about the online platform (FFenroll) that participants will continue to utilize for enrollment into all our plans. More information will be sent out soon!

Proper Lifting Techniques Reminder

1. *Get help if there is any doubt of your ability to lift an object.*
2. *Place feet close to the base of the object to be lifted and get a firm grip on the object. Make sure your hands are not wet or greasy when lifting.*
3. *Position your feet 6—12 inches apart on an area of secure footing.*
4. *Bend at the knees, not at the back and keep your back straight.*
5. *Lift slowly and evenly with leg muscles and not with back muscles.*
6. *Keep object as close to the body as possible.*
7. *Set objects down in the same manner as you picked them up, but in reverse.*
8. *Avoid twisting your back to turn when lifting; if you must change direction when lifting, pivot your feet and turn your entire body to change direction —move smoothly/gradually.*

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, Ffenroll Assistance—Clerk—extension 0281

Call Us—We Are Happy to Help!

REMINDER—Health Plan Employee Members Only—Wellness Screenings 2022

Wellness screenings will be conducted again this year as part of our wellness program - these wellness screenings are free of charge for employees who participate in one of the District's medical plans only with baseline testing being completed this year for new employee medical plan members and a follow up screening this year for those who participated last year (for comparison/improvement points based on their initial baseline testing last year compared to this year's test results). Lubbock ISD has partnered with iaWellness and UMC Clinic Services to conduct these wellness screenings that will involve a full blood draw for HDL, LDL, Glucose, Total Cholesterol, Triglycerides, and A1c; they will also obtain the member's height, weight, blood pressure, waist circumference, and blood pressure. Some results will be available at the time of the test, shared with the employee, and also provided to iaWellness for tracking in the employee's wellness program/plan.

We strongly encourage insured members to participate in this program as part of your wellness credit(s) for 2023. Screening dates/times are available for any employee health plan member to schedule his/her screening by logging into their iaWellness account and completing the scheduling process (one must be scheduled to complete the screening—no walk-ins accepted).

Screenings must be completed by October 31, 2022

Please contact iaWellness regarding any login questions, scheduling questions, etc.—they can be reached at 806-765-7265.

Claims Processing Reminder:

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

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

Gym Reimbursement Claims & Hospital Income Plan Claims go to: Jamie.Flores@LubbockISD.org

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