

EMPLOYEE WELLNESS PROGRAM



AVAILABLE FREE TO ALL
COUNTY EMPLOYEES!

NEW WELLNESS CONSULTATIONS



Nutrition Services **KRISTINA SCHMIDT, RD/LD** NUTRITIONIST

kristina.schmidt@co.hidalgo.tx.us
956-318-2660 EXT: 4961



Fitness Services **SEBASTIAN BUITRON, CPT** WELLNESS COORDINATOR

sebastian.buitron@co.hidalgo.tx.us
956-318-2660 EXT: 4964

DEFINE YOUR WELLNESS
GOALS

BUILD A HEALTH PLAN
TAILORED FOR YOU

SCHEDULE FOLLOW-UP
APPOINTMENTS FOR RESULTS

OFFICE LOCATION
505 S. MCCOLL ROAD, STE F
EDINBURG, TX 78539

Hidalgo County Department of Human Resources

Employee Wellness Program

Aetna Health Programs

Able-To Program

- 8-week counseling and coaching program.
- Assists employees in handling the emotions of life's changes or a medical diagnosis.
- Meet 1x a week with a counselor.
- Meet 1x a week with a behavior coach.

Call 1-844-330-3648

Maternity Program

- Pre-pregnancy checklist
- Insight into maternity coverage details
- Breastfeeding and postpartum support
- Newborn care tips
- Make choices for a healthy pregnancy

1-800-272-3531 (Weekdays 8 AM- 7PM)

Login to www.aetna.com > Stay Healthy Tab

Maintenance Choice Program

- Available through CVS Pharmacy or Saenz Pharmacy.
- Pick your 90 - day maintenance prescription delivery method.
 - Mail order service will bring your prescription every 90 days
 - 4 hour delivery if you live within 10 miles of a CVS
 - USPS delivery between 1-2 days

Order online

Customer Care: 1-888-792-3862

In-Touch Care

- One-on-one over the phone nurse support .
- Phone calls from a trusted nurse.
- Health decision support.
- Based on your needs, create a customized action plan.

Login to www.aetna.com to get started.

Teladoc

- Talk to a doctor, anytime, anywhere, for free.
- \$0 Copay

Mobile App: Teladoc

Teladoc.com/Aetna

1-855-TELADOC (835-2362)





DEER OAKS EAP SERVICES

Discover Your EAP + Work-Life Benefit

Employee Assistance Program

The Deer Oaks Employee Assistance Program (EAP) is a free service provided for you, your dependents, and household members by your employer. This program offers a wide variety of counseling, referral, and consultation services, which are all designed to assist you and your family in resolving work and life issues in order to live happier, healthier, more balanced lives. From stress, addiction, and change management, to locating child care facilities, legal assistance, and financial challenges, our qualified professionals are here to help. These services are completely confidential and can be easily accessed 24/7, offering you around-the-clock assistance for all of life's challenges.

- ✔ **Program Access:** You may access the EAP by calling the toll-free Helpline number, using our iConnectYou App, or instant messaging with a work-life consultant through our online instant messaging system.
- ✔ **Telephonic Assessments & Support:** In-the-moment telephonic support and crisis intervention are available 24/7 along with intake and clinical assessments.
- ✔ **Short-term Counseling:** Counseling sessions with a qualified counselor to assist with issues such as stress, anxiety, grief, marital/family challenges, relationship issues, addiction, etc. Counseling is available via structured telephonic sessions, video, and in-person at local provider offices.
- ✔ **Referrals & Community Resources:** Our team provides referrals to local community resources, member health plans, support groups, legal resources, and child/elder care/daily living resources.
- ✔ **Advantage Legal Assist:** Free 30 minute telephonic or in-person consultation with a plan attorney; 25% discount on hourly attorney fees if representation is required; unlimited online access to a wealth of educational legal resources, links, tools and forms; and interactive online Simple Will preparation.
- ✔ **Advantage Financial Assist:** Unlimited telephonic consultation with an Accredited Financial Counselor qualified to advise on a range of financial issues such as bankruptcy prevention, debt reduction, financial planning, and identity theft; supporting educational materials available; unlimited online access to a wealth of educational financial resources, links, tools and forms (i.e. tax guides, financial calculators, etc.).
- ✔ **Alternate Modes of Support:** Your EAP offers support alternatives in addition to traditional short-term counseling including telephonic life coaching, AWARE stress reduction sessions, and virtual group counseling. During your call with one of our counselors, ask if these programs would be right for you.
- ✔ **Work-life Services:** Our work-life consultants are available to assist you with a wide range of daily living resources such as locating pet sitters, event planners, home repair, tutors, travel planning, and moving services. Simply call the Helpline for resource and referral information.
- ✔ **Child & Elder Care Referrals:** Our child and elder care specialists can help you with your search for licensed child and elder care facilities in your area. They will discuss your needs, provide guidance, resources, and qualified referral packets. Searchable databases and other resources are also available on the Deer Oaks member website.
- ✔ **Take the High Road Ride Reimbursement Program:** Deer Oaks reimburses members for their cab, Lyft and Uber fares in the event that they are incapacitated due to impairment by a substance or extreme emotional condition. This service is available once per year per participant, with a maximum reimbursement of \$45.00 (excludes tips).



CONTACT US:

Toll-Free: (888) 993-7650



Website: www.deeroakseap.com

Email: eap@deeroaks.com





WellnessTM

NUTRITION SERVICES

Your Hidalgo County medical benefits cover up to 26 visits a year with an H-E-B dietitian!

GET ASSISTANCE WITH:

- Food allergies
- Athletic performance
- Weight loss
- Digestive support
- Diabetes management

YOU ARE ELIGIBLE FOR COVERAGE IF:

- Diagnosed with diabetes; doctor's referral needed
- BMI > 30



SERVICING LOCATIONS

H-E-B Plus!
901 Trenton Rd
McAllen, TX 78504

H-E-B
1212 S. Closner Blvd
Edinburg, TX 78539

CALL

855-481-1149

MORE CONTACT INFO:

nutritionservices@heb.com

Monday - Friday | 8:30 AM - 5 PM

Saturday | Virtual visits only

Restrictions may apply. Please call to verify coverage.



FREE

EMPLOYEE FITNESS CLASSES

FOR ALL HIDALGO COUNTY EMPLOYEES!

SCHEDULE

MONDAY – FRIDAY

1-HOUR CLASSES

**5:00 AM • 12:00 PM • 4:00 PM
5:30 PM • 6:30 PM**

SATURDAY

8:00 AM – 11:00 AM

Saturday classes are available to all employee family members ages 13 and up.

JOIN US!

**Precinct 2 Indoor Sports Complex
3600 Athol Street, Pharr, TX 78577**



CALL 956-322-6583

One Membership.

Thousands of Ways to Stay Active and Save Money.

-  12,200+ Gyms
-  9,300+ On-Demand Videos
-  1:1 Well-Being Coaching
-  Enroll Your Spouse¹

No annual fees or long-term contracts. Switch gyms anytime.



TRUxFIT
ATHLETIC CLUBS

ANYTIME
FITNESS

UFC GYM

and many more!

Plus: 5,700+ Premium Gym Options at exercise studios, outdoor experiences, and others with 20% – 70% discounts at most locations²



Get Started:

Scan QR code to view a tutorial video on how to sign up for your gym membership discount!



¹ Add a spouse/domestic partner to a primary membership for additional monthly fees. Spouse/domestic partners must be 18 years or older. Fees may vary based on fitness center selection.

² Costs for premium exercise studios exceed \$28/mo. and an enrollment fee will apply for each premium location selected, plus applicable taxes. Fees vary based on premium fitness studios selected.

JOIN US On Facebook!

Hidalgo County Employee Wellness 



**SCAN
ME**



- Accessible to County employees only!
- Be notified about upcoming Wellness Program events.
- Share your health journey with others, recipes, workout techniques, and connect with colleagues.

