

Benefits & Risk Management APRIL 2021

Top stories in this April Newsletter



April Reminders



**FLEXIBLE SPENDING**

Flexible Spending



Health & Wellness



Benefits & Risk Management Team

April Reminders



**Hello April.** We wish to remind staff to practice self monitoring, social distancing, regular hand washing/hand sanitizing, and wear your face mask. We continue to monitor CDC recommendations in reference to COVID-19 and new strains. If you have any questions in reference to your benefits please call our office at 432-456-9789. The Benefits Office is here to assist you.

“Health is a state of complete mental, social and physical well-being, not merely the absence of disease or infirmity.” – World Health Organization, 1948

Flexible Spending



**FLEXIBLE SPENDING**

**This information is intended for employees who participate in Section 125 Flexible Spending.**

As we approach the end of the school year any staff member that will not be continuing their employment with ECISD will have until **July 31, 2021** to use the remaining balance. If the balance is not used by **July 31, 2021**, the balance is forfeited.

Please review the attached list and FSA store link [fsastore.com](http://fsastore.com) as possible flexible spending options.

**For Inquiries:** 1-866-853-3539  
**For Claims Forms** WWW.ffga.com

ELIGIBLE MEDICAL EXPENSES		
» Acupuncture	» Hearing aids and batteries	» Prescription drugs
» Alcohol and drug rehabilitation expenses	» Home health care	» Psychiatrist
» Ambulance	» Hospital and skilled nursing facility expenses	» Psychologist
» Anesthetist	» Laboratory fees	» Rental or purchase of medical equipment, including special equipment for use by handicapped persons
» Artificial limbs and teeth	» Lip-reading lessons	» Sanitarium
» Birth control pills	» Midwife	» Stop Smoking Programs and Drugs
» Blood donor (expense)	» Nursing care	» Support or corrective devices
» Chiropractist	» Obstetrical expense	» Surgery
» Chiropractor	» Oculist	» Therapy
» Christian Science Practitioners	» Operations and related treatments	» Transportation expenses
» Certain corrective surgery	» Optometrist	» Weight Loss for Obesity*
» Contact lens solution and cleaner	» Orthodontist**	» X-ray
» Co-payment for health insurance	» Osteopath	
» Dental care and dentures	» Outpatient clinic	
» Drugs and medical supplies	» Over-the-Counter Medications (with physician's prescription)	
» Examinations	» Pediatrician	
» Eye exam, eyeglasses, and contacts	» Physician	
» Gynecologist	» Podiatrist	
	» Practical nurse	

Health & Wellness Reminder

7 Strategies to Live a Heart-Healthy Lifestyle

When you choose healthy behaviors, you can lower your heart disease risk while also preventing other serious chronic conditions like type 2 diabetes and other medical conditions.

1. Learn your Health History
2. Eat Healthy Diet
3. Move More, Sit Less
4. Quit Smoking
5. Take Medicines as directed
6. Rethink your Drink
7. Monitor your blood pressure at Home

<http://www.cdc.gov/heartdisease/prevention.htm>