

# Your Health Matters



A joint communication from your Health Services & Human Resources Departments.

## LINKING YOU IN TO HOT TOPICS

- ◆ [The DISD Employee Assistance Program Newsletter Jan. 2015](#)
- ◆ [Talking with Children about Infectious Disease Outbreaks](#)
- ◆ [Your Mental Health](#)
- ◆ [Urgent Help-Lines](#)

### Trending: It's Your Health

#### Blood Screen Participation Information

On January 20<sup>th</sup> - 28<sup>th</sup> 2015 Denton ISD's employees will have the opportunity to take part in a blood screening conducted by Health Matters. The blood screening includes the following: metabolic panel (checks vital organs), lipid panel (cholesterols), CRP for vascular disease, Hemoglobin A1c (diabetes), complete blood count, thyroid panel, and prostate cancer screen (PSA).

This screening is a covered benefit under (AETNA) TRS ActiveCare 1-HD, TRS ActiveCare 2 and TRS ActiveCare Select if you live outside of the counties listed below and will be paid at 100%. Covered family members are also eligible and this is available to all employees. We require that you present your Aetna member card at the screening.

For the complete article, click here:

[DISD Blood Screens](#)

[Lab—N—Go](#)

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This is a great opportunity to serve the health needs of our DISD community. We hope you will participate!

### Trending: Maintaining Balance

DISD now offers the Employee Assistance Program (EAP) as one of the support benefits to you and your family. This is a confidential resource for you to address the myriad of issues that we all periodically labor with. Please accept this invitation to find support for yourself, family members or offer it as a safety net for a colleague you know is struggling.

Throughout the year, we will send you the DISD EAP newsletter along with helpful hints and articles on "Maintaining your Balance".

#### Click-and-Learn

- [Stay'n Alive—Stress management for Teachers](#)
- [Anxiety](#)
- [Marriage and Divorce](#)
- [THERAPY](#)
- [Mindfulness / Meditation Explained](#)
- [Guided Meditations](#)
- [Workplace Stress](#)
- [Workplace Issues](#)