

## February 2019 - Keeping you Well!

Tidbits and Helpful Information for our Staff!



### We value your wellness Partners for Healthy Choices & UHC

PHC offers several choices for staff wellness and camaraderie in your buildings. You can find these offerings in the Weekly Update email each week. You can also reach out to your building Liaisons for support and ideas! PHC will be offering a 10K Step Contest in the Spring!! More details coming!

#### MSHS PHC Team:

Gabrielle Waters  
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#### MSMS PHC Team:

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#### MSES PHC Team:

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1

### MANITOU POOL

All staff are welcome at Manitou Pool free of charge with your staff ID...thanks PHC!

2

### CONNECT14

All staff and their children are welcome to register for Connect14 classes free of charge!

3

### STAFF WELLNESS

All staff are welcome to staff wellness activities Friday Basketball, Core and More and Yoga!



### Connect14 Ceramics Class

Learn to hand build and throw your own pottery creations



### Connect14 Guitar Class

Strum, play and find your inner rock star



### Connect14 Acrylics Class

Relax, have fun painting and get to know your co-workers

United Health Care offers a great weight loss tool for those needing to shed a few pounds. Rally Health and Real Appeal are offerings for members of United Health Care and can be accessed through your [myuhc.com](http://myuhc.com) account! Members can also access Care24 if you need information and support from a registered nurse, counselor, financial professionals, community resources and can even assist with finding a primary care or specialist doctor. The phone number for Care24 is 888-887-4114



#### Urgent Care Anyone?

If you are enrolled in our District Health Care and need an urgent care facility...make sure to go to a Centura or Davita Urgent Care Facility.

Here are the closest locations to MSSD:

Davita - 600 S 21st St, COS, CO

Centura - 1263 Lake Plaza Dr #120 COS, CO

Don't forget you can access your paystubs and W2s on the Employee Portal as tax season is upon us!

[employee service portal](#)



Did you know United Health Care has an app? After you create you online [myuhc.com](http://myuhc.com) account, you can download Health4Me from the Android or App Store and log in with the same username and password as your myuhc.com account!! From the app you can monitor your claims, search for doctors and facilities, estimate costs of procedures and even access your insurance ID cards!



#### CLAIMS ISSUE? HUB is here to help!

If you participate in the District's Health Insurance, Dental Insurance or Vision Insurance and have any claims questions, our Insurance Brokers at HUB International are here to help! If you have concerns, were billed incorrectly or just want to confirm coverage for an upcoming appointment or procedure, please reach out to Gayle Patrick at

[gail.patrick@hubinternational.com](mailto:gail.patrick@hubinternational.com) or 719-884-0722. Many times your Explanation of Benefits could indicate something as simple as your provider needs to "re-code" your appointment or procedure so it can be processed and paid correctly!!

