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# DICKINSON ISD BENEFIT ENROLLMENT

**OPEN ENROLLMENT HAS STARTED!**

IF YOU NEED ASSISTANCE WITH ENROLLMENT  
PLEASE CALL OR EMAIL TO SCHEDULE AN  
APPOINTMENT

Dominique Ameigh:  
281-229-6050 [dameigh@dickinsonisd.org](mailto:dameigh@dickinsonisd.org)  
Morgan Ester:  
281-229-6073 [mester@dickinsonisd.org](mailto:mester@dickinsonisd.org)

**JULY 16 UNTIL AUGUST 14**

**WHERE: The Benefits HUB**

**FBS BENEFIT SPECIALIST**

Dedicated Specialist available to walk you  
through your selections  
Available Mon-Fri 8:00AM-6:00PM  
Phone: 833-453-1680

**DISD Benefits Guide:** [Click HERE](#)

**TRS ActiveCare Highlights:** [Click HERE](#)

**DISD Benefits HUB for  
Open Enrollment:** [Click HERE](#)

## IMPORTANT DATES TO REMEMBER:

- Open Enrollment- July 16-August 14
- August 14- New student Transition day  
(Pre-K, Kindergarten, 4th, 5th, 6th, 7th,  
and 9th grade)
- August 15- First day of School!

# WELCOME BACK!



## What is Disability Insurance?

When you get sick or injured, you want to focus on getting well – not on worrying about how to pay the bills or afford next week's groceries. Disability Insurance may replace a portion of your income. Enrolling in Disability helps you protect your paycheck if you were to suffer an injury or illness that left you unable to work.

Designed with school employees like you in mind, Educator Disability ensures you get the coverage you need when it matters most. These plans can let you choose the amount of money you'll receive every month, when your benefits begin and how long you'll receive the cash benefit.

**You may choose an Elimination  
Period(injury/sickness) of 0/7, 14/14, 30/30,  
60/60, 90/90or 180/180 days.**

If, because of your disability, you are hospital confined as an inpatient, benefits begin on the first day of inpatient confinement. Inpatient means that you are confined to a hospital room due to your sickness or injury for 23 or more consecutive hours.  
(Applies to Elimination Periods of 30 days or less.)

**CLICK [HERE](#) FOR VIDEO ON DISABILITY  
INSURANCE**

# Back to School

## Crustless sausage & spinach quiche



### INGREDIENTS

- 3 links sweet Italian turkey or chicken sausage, removed from casing (8.5 ounces total)
- 12 ounce bag baby spinach
- 1 cup grated light havarti or cheddar
- 1/4 cup grated parmesan cheese
- 2/3 cup 2% milk
- 1/4 cup half & half cream
- 5 large eggs
- 3/4 teaspoon kosher salt
- 1/8 teaspoon ground black pepper
- pinch freshly grated nutmeg

### DIRECTIONS

- Preheat your oven to 350 degrees. Spray a pie dish with oil.
- Cook the sausage in a large skillet over medium heat, breaking up until cooked, about 5 minutes.
- Add the spinach and reduce heat to low, cook until wilted stirring occasionally, about 7 minutes. Drain spinach well.
- Evenly spread the spinach sausage mixture in the prepared dish and top it evenly with the grated havarti and parmesan cheese.
- Make the custard mixture by whisking together the milk, half and half, eggs, salt, black pepper, and the nutmeg.
- Pour the custard into the dish and bake 35 to 40 minutes, until the center is set.

## Benefits Identification Cards

### BlueCross BlueShield Medical ID Cards

You can access your digital ID card through the [BlueAccess for Members Portal \(BAM\)](#) at any time. You can text “**BCBSTXAPP**” to 336633 to download the digital app to access your digital ID card and more. You can also call a Personal Health Care Guide at 866-355-5999 and they can email you a temporary card or order a new ID card to be mailed to you.

*If you have not changed your healthcare plans, you can continue to use your old ID card. New ID cards will not be mailed out to individuals who did not make any changes for the new plan year.*

If you are a new enrollee or made changes to your plan, your new ID cards will be mailed out in batches starting mid September. Please keep in mind that these will be mailed to the address you have listed on file in the Employee Access Center.

### Express Scripts Pharmacy ID Card

You can access your digital ID card through Express Scripts' [website](#) or app. Below is a link to a PDF that has additional information on how to register your account with Express Scripts. Please keep in mind that these items were mailed to the address you have on file in the Employee Access Center.

[Express Scripts Register Access](#)

### CIGNA Dental ID Card

CIGNA no longer mails out traditional ID cards to each participant. You can access your digital ID card through their app or [website](#). Below is a link to the PDF with instructions on how to download and get registered in their app.

If you would like a traditional ID card to be mailed to you, please give CIGNA a call at 800-244-6224.

[MyCigna App Instructions](#)

### VSP Vision ID Card

VSP does not have an ID card. You just need to let your optometrist's office know that you are covered through VSP and your member ID will be your full social security number. You can access plan information on their [website](#)

## Let's prepare you for the retirement you deserve.

Though the idea of retirement can seem daunting at first, it's important to start saving as early as possible. Even if you're far away from being able to retire, there are many things you can do now that will make the transition easier down the line.

Contact our Retirement Planning Specialist, Louis Perez  
Cell: 210-618-4244

Email: [louis.perez@hubinternational.com](mailto:louis.perez@hubinternational.com)

Book a virtual meeting: [HERE](#)

