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The Rose Mobile Mammogram Coach will be returning to Dickinson ISD on:

**Wednesday, February 26th &
Thursday, February 27th**

at the Education Support Center, located at:
2218 FM 517, Dickinson, TX 77539

If you are covered by the district's health insurance, The Rose is considered an in-network provider. No referral is required under the ActiveCare Primary and Primary+ plans.

You are eligible for the mammogram if you meet the following criteria:

- Female, 35 years or older
- Have a primary care physician
- Are due for a mammogram
- Do not have any breast health symptoms or issues
- Are not currently pregnant or nursing
- Have not been diagnosed with breast cancer in the past two years

To register, please use the web address and code provided below:

<https://www.sentinelanalytics.net/rose/>

Code: DISD

HERE you can find a directional map along with a QR code for easy registration.

Take this opportunity to prioritize your health with this convenient, in-network service.



Cincinnati Life Insurance Open Enrollment

Cincinnati Life Insurance Company will be onsite starting February 4, 2025, through February 21, 2025.

HERE you will find the schedule for our agents to find out when they will be stopping by your campus and a flyer explaining more about what Cincinnati Life Insurance offers.

Cincinnati Life offers guaranteed life insurance policies with no health questions or exams. All employees (age 70 & under) and family members (spouse & children) are eligible. All full-time employees are eligible to have these policies payroll deducted.



CAS

*Safety
Shorts*

Using handrails when ascending or descending stairs helps you maintain your balance, especially if the stairs are wet or icy.

Strawberry Ricotta Bruschetta



Ingredients

- 24 slices French bread baguette (1/2 inch thick)
- 3 tablespoons butter, melted
- 3 cups fresh strawberries, chopped
- 3 tablespoons minced fresh mint
- 3 tablespoons honey
- 1/2 cup ricotta cheese
- 2 tablespoons seedless strawberry jam
- 1-1/2 teaspoons grated lemon zest

Directions

1. Brush bread slices with butter; place on an ungreased baking sheet. Bake at 375° for 8-10 minutes or until lightly browned.
2. Meanwhile, in a small bowl, combine the strawberries, mint and honey. In another bowl, combine the ricotta, jam, and lemon zest. Spread ricotta mixture over toast; top with strawberry mixture.

Nutrition Facts: 1 piece: 89 calories, 3g fat (1g saturated fat), 6mg cholesterol, 88mg sodium, 14g carbohydrate (4g sugars, 1g fiber), 2g protein. Diabetic exchanges: 1 starch, 1/2 fat.



TRS-ActiveCare GO HERE, NOT THERE

We want to remind everyone of the importance of understanding where to seek medical care based on the severity of your symptoms or injuries. Choosing the right healthcare provider can help you receive prompt treatment and avoid unnecessary costs. **HERE** you will find the guide to help you determine the appropriate place to go for your healthcare needs.

By knowing where to go for your specific health needs, you ensure timely care while helping to reduce unnecessary wait times or medical expenses. Please keep this information in mind and use it to make informed decisions about your healthcare.

Stay healthy and safe!



1095-C Form

The 1095-C forms are now available in the Benefits HUB for **employees who selected electronic delivery**. Instructions on how to access the form in the HUB are attached **HERE** for your convenience.

Employees who did not choose electronic delivery will receive their forms by mail, and they should arrive within the next few weeks.

