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**Open Enrollment Dates:**  
July 15 – August 14

**OPEN  
ENROLLMENT**

2025-2026 Plan Year:  
September 01, 2025 – August 31, 2026

## What's New This Year...



### The VOYA Accident Plan will transition to the CIGNA Accident Plan.

A cash benefit paid directly to you when you face an unexpected covered accident.

### MDLIVE will be replaced with RECURO Health

24/7 access to board-certified doctors for treatment of common medical concerns with ongoing communication with your doctor. Accessible virtually through online, web, and desktop computers.

### We're adding a new Hospital Indemnity Plan through CIGNA

This is a supplemental insurance benefit that provides a set amount of money to the insured person if they are hospitalized for a covered illness or injury. This cash benefit is paid directly to the insured and can be used for any expenses related to the hospital stay, such as co-pays, deductibles, or other expenses.

Click [HERE](#) for additional Information

**TRS medical rates for the 2025-2026 plan year are now available!**

Click [HERE](#) for the new rates.

See the flyer below for details about our Centralized Enrollment Event, where you can receive in-person assistance if needed.

You'll also find information on how to access support over the phone from a Higginbotham specialist (additional information in the flyer).

## DICKINSON ISD BENEFIT ENROLLMENT

**OPEN ENROLLMENT COMING UP!**

FOR IN-PERSON ASSISTANCE WITH YOUR ENROLLMENT, YOU CAN ATTEND OUR CENTRALIZED ENROLLMENT EVENT:

**WHEN: AUGUST 12TH 8:00 AM - 3:30 PM**

**WHERE: EDUCATION SUPPORT CENTER  
TRAINING ROOM 251**

**HIGGINBOTHAM: BENEFIT ENROLLMENT ASSISTANCE**  
**BLUECROSS BLUESHIELD: MEDICAL PLAN INFORMATION**  
**TCG: RETIREMENT SAVINGS**

**JULY 15 UNTIL AUGUST 14**

**HERE: The Benefits HUB**

**HIGGINBOTHAM BENEFIT SPECIALIST**

Dedicated Specialist available to walk you through your selections

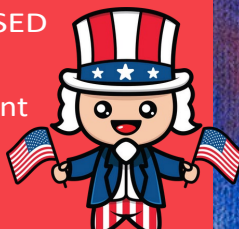
Available Mon-Fri 7:00AM-6:00PM

Phone: 833-937-5437

Email: dickinsonisd@hps.higginbotham

## IMPORTANT DATES TO REMEMBER:

- June 30 through July 4- DISD CLOSED
- July 4- Independence Day
- July 15- Mandatory Open Enrollment
- July 20- National Ice Cream Day
- July 27- Parents' Day



## Ice Cream Sandwiches



### Ingredients

- 1/2 cup red, white, and blue sprinkles
- 2 1/2 cups all-purpose flour
- 2 1/2 tsp. baking powder
- 1 tsp. kosher salt
- 2 sticks salted butter, at room temperature
- 1 1/2 cups sugar
- 1 large egg
- 1 tsp. vanilla extract
- 3 pints vanilla ice cream, slightly softened



### Directions

1. Preheat the oven to 350° and line 2 baking sheets with parchment paper. Pour the sprinkles into a small shallow bowl. Whisk together the flour, baking powder and salt in a large bowl.
2. In another large bowl, beat the butter and sugar with a mixer on medium-high speed until light and fluffy, about 5 minutes. Beat in the egg and vanilla. Add the flour mixture and beat on low speed until just combined.
3. Roll the dough into 1 1/4-inch balls (about 24). Flatten each cookie with the palm of your hand into a 2-inch disk. Press the dough into the sprinkles to coat the top side and round edges; do not coat the bottom.
4. Arrange about half of the cookies on the prepared baking sheets, spacing them about 2 inches apart. Bake until the cookies are set and the bottom edges just start turning golden, about 12 minutes. Let cool 5 minutes on the pans, then remove to racks to cool completely. Bake the remaining cookies.
5. Line a separate baking sheet with parchment paper. Scoop about 1/2 cup ice cream onto the bottom of a cookie and place another cookie on top, sprinkle-side up. Gently press together to spread the ice cream to the edges. Place the ice cream sandwich on the baking sheet and transfer to the freezer. Repeat with the remaining cookies and ice cream and freeze at least 1 hour before serving or wrap each sandwich in plastic wrap and freeze for up to 1 month.

## TIPS TO STAY COOL IN THE HEAT



- **Gradually adjust to working in the heat:** Increasing workload marginally over time helps your body adapt to working in higher temperatures.
- **Stay hydrated with WATER:** Be sure to drink plenty of water while working in hot conditions, even if you are not thirsty.
- **Limit caffeine consumption:** Drinking an excessive amount of caffeine can prompt an increase in your body's dehydration rate.
- **Wear appropriate clothing:** Loose-fitting, breathable, and light-colored clothes are the best choice for higher temperatures.
- **Layer on the sunscreen:** To help prevent sunburns while working outside, be sure to layer on at least SPF-30 sunscreen throughout the day.
- **Use alternate cooling products:** fans, cooling vests, cold damp towels, and cold water misters are all great items to consider using to stay cool.
- **Adjust your schedule if possible:** begin working earlier in the morning and start with the more physically demanding tasks so they are out of the way before peak temperatures occur.
- **Remember to take a break:** taking frequent breaks in a cool, shady, or air-conditioned area helps your body recover faster from heat exhaustion.



## Your PHG is here for you 24/7!

## Personal Health Guides (PHG) are your plan experts!



Call PHG at 1-866-355-599  
or chat through the BCBSTX App

### They can help:

- Find in-network providers
- Make doctor's appointments
- Figure out cost for a procedure or medication
- Save money with cost comparisons
- Make sense of claims
- Understand plan features
- Get mental health care
- Connect you with the 24-hour nurse line

