#### MAY 2025

# Gator Pulse

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

**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 use for any expenses related to the hospital stay, such as co-pays, deductibles, or other expenses.

Click **<u>HERE</u>** for additional Information

# **IMPORTANT DATES TO REMEMBER:**

- June 15- Father's Day
- June 14– Flag Day
- June 19– Juneteenth
- June 20– Summer Solstice

# **IN THIS ISSUE:**

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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).

TRS plans to release their medical rates in mid–June, and we will communicate those to all staff as soon as the information is provided to us.



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DICKINSON ISD

OPEN ENROLLMENT COMING UP!

OR 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

HIGGINBOTHOM: BENEFIT ENROLLMENT ASSISTANCE LUECROSS BLUESHIELD: MEDICAL PLAN INFORMATION TCG: RETIREMENT SAVINGS

#### JULY 15 UNTIL AUGUST 14 HERE: The Benefits HUB HIGGINBOTHOM 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.higginbothom

MAY 2025

# **Cracker Snack Mix**



#### Ingredients

- 1-1/2 cups potato sticks
- 1-1/2 cups cheddar-flavored snack crackers
- 1-1/2 cups sourdough pretzel nuggets
- 3 tablespoons butter
- 1/4 cup grated Parmesan cheese
- 3 tablespoons olive oil
- 1-1/2 teaspoons sesame seeds
- 1-1/2 teaspoons dried minced garlic
- 1-1/2 teaspoons dried minced onion
- 1–1/2 teaspoons poppy seeds
- 1/4 teaspoon kosher salt

#### Directions

Hello

1. Preheat oven to 350°. In a large bowl, combine potato sticks, crackers and pretzels. In a small saucepan, melt butter; stir in remaining ingredients. Drizzle over cracker mixture; toss to coat.

2. Spread in a greased 15x10x1-in. baking pan. Bake until crisp and lightly browned, 10-15 minutes, stirring every 4 minutes. Cool completely in pan on a wire rack. Store in an airtight container.

yummm!

# **Protect Your Hearing**

To protect your hearing, avoid loud sounds, move away from noise, or lower the volume. When that's not possible, use hearing protectors like earplugs or earmuffs. These devices reduce the intensity of sound entering your ears and help prevent noise-induced hearing loss (NIHL) and tinnitus.

Loud noises—especially those above 85 decibels—can cause immediate or long-term hearing damage. Common sources include concerts, fireworks, motorcycles, lawn equipment, and workplace machinery. Damage can occur quickly, even from a single loud sound.

Use hearing protectors in noisy settings such as auto races, concerts, job sites, or while using loud vehicles or tools. Earplugs and earmuffs come in various styles, including custom-made options for musicians. Choose protectors with a good noise reduction rating (NRR) that still allow for communication.

Keep hearing protectors accessible and use them consistently. If you need help selecting the right protection, consult a hearing health professional.

To learn more or read the complete article from NIDCD, follow the link below. <u>https://www.nidcd.nih.gov/health/hearing-</u> protectors



# EDUCATION SUPPORT GENTER Summer Business Hours Effective June 2-July 25, 2025

Monday-Wednesday

Thursday:

8:00am - 11:00am

**Closed on Fridays** 

\*Dickinson ISD will be closed week of June 30-July 5.