

Employee Benefits News

For LCPS Employees - April 25, 2023

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You're Invited to the Mental Health Fair

For Employees, Retirees and their Families

Saturday, May 13, 2023

9:00 a.m. – 12:00 p.m.

Administration Building, Ashburn



Please join us at the Mental Health Fair on Saturday, May 13, 2023, where you can de-stress, laugh, relax, learn techniques and find resources for improving your mental health. LCPS employees, retirees and their families are encouraged to attend!

- Relax with a FREE Seated Massage
- Laugh to reduce stress in our Laughter Experience
- De-stress at the Meditation Experience
- Plant greenery and take it home to watch it grow at the Peaceful Planting Station
- Taste varieties of healthy infused water at the Hydration Station
- Sample and learn about the history and benefits of dark chocolate at the Dark Chocolate Station
- Ask questions and gather information about your mental health benefits and resources available through LCPS and the community

- Learn techniques for improving your mental health at a variety of concurrent presentations on mental health topics

No registration is required, just bring your LCPS badge for entry.

Find the presentation schedule and more information on the [Mental Health Fair webpage](#).

Mental Health Fair Information



Social Security 101: Understanding Your Benefits Webinar Tonight

Tuesday, April 25, 2023

4:00 p.m. - 5:30 p.m.

[Registration Required](#)

This live webinar will focus on Social Security Retirement and Family benefits, SSA Online services and Medicare. You will learn about the variety of information and services available today at www.ssa.gov and you will have the opportunity to obtain answers to your questions about Social Security Benefits! Presented by David Melton from the Social Security Administration.

Social Connections & Overcoming Loneliness Webinar Tomorrow!

Wednesday, April 26, 2023

5:30 p.m. - 6:30 p.m.

[Registration Required](#)

Join us for this live webinar to learn how making and maintaining social connections can make your life more enjoyable and help you overcome loneliness and life's challenges.



If you are not able to attend the live webinars, recordings will be saved to the [Your Life Connected Webinar Series webpage](#) for on-demand viewing.

Your Life Connected Webinar Series



Recruit a Walking Buddy and Move with Purpose

Hanging out with family and friends not only can be fun, but research also shows it benefits your mental and physical health. So why not hang out while you work out? Find a family member or a friend to be your walking buddy. Walking with a buddy makes you more accountable, motivates you, helps to reduce stress and it's just more fun! For that reason, you can also register a buddy on the Walker Tracker site so they can track their movement as well.

Just provide your buddy with the link (<https://lcps.walkertracker.com>) and your email address. They can register on the Walker Tracker site by selecting "Register," choosing "A guest/+1 of an employee" and entering the email address you used in Walker Tracker. One buddy per employee.

Congratulations to our recent Move With Purpose \$100 winners!

- **Alesia Richards**, Cool Spring Elementary
- **Tracy Matthews**, Science Office
- **Susan Bosse**, Harmony Middle
- **Tina Noronha**, Cedar Lane Elementary

Winners are randomly drawn from all employees that meet the 28,000-step weekly goal. If you have not registered on Walker Tracker, visit the [Walker Tracker Website](#) and choose "Register" to sign up. If you are already registered, keep moving and tracking your activity for your chance to win!

Walker Tracker Website

EAP - Did You Know?

Your EAP Provides Mental Health Resources



When it comes to managing mental health, you are not alone. You can reach out to the Lytle EAP to speak with a mental health clinician about any issue impacting your well-being. LCPS employees and family members residing in their household, are eligible for up to 6 free one-on-one counseling sessions (per incident) through the EAP. Choose from in-person sessions, video counseling or telephonic counseling.

Mental Health Sessions provide short-term counseling to help:

- Manage stress, anxiety, grief, depression
- Cope with change or challenges
- Build self-awareness and practice self-care
- Resolve conflict and improve relationships
- Address substance misuse and recovery
- Talk through any personal issues

You can connect with a qualified EAP professional confidentially through their toll-free number or visit their website for live chat and online service request options.

Phone: 1-800-327-7272

Website: www.mylifeexpert.com (use Company Code LCPSSCHOOLS to register).

Lytle EAP's MyLifeExpert Website



Wondr Health Weight Loss Program

Coming This Summer

LCPS employees have been losing weight with Wondr Health (formerly Naturally Slim) for more than 6 years. We are pleased to announce, we will be offering our first summer session!

Application Period: May 22, 2023 - June 4, 2023

Program Begins: June 19, 2023

Wondr Health is a digital health program helping people to lose weight and improve their whole health. There are no strict diets, calorie counting or exercise equipment needed. It's a straightforward, skills-based solution that provides simple, sustainable, life-long results.

Participation is FREE as long as you complete all 10 WondrSkills classes!

Learn more about the program at www.wondrhealth.com/LCPS.

Registration opens May 22, 2023.

LCPS Wondr Health Website

Retirement Information Sessions

Are you planning to retire in the next year? We are offering two live virtual information sessions each month to provide you with all of the details you need to get started.



Retirement: Are you Ready to Retire?

This session will guide you through important decisions such as when to retire and selecting a benefit payout option. This session will demonstrate using myVRS to plan for retirement and review LCPS retirement benefits. This is your first step if you are planning to retire this year or just want to start planning.

Wednesday, May 24, 2023

5:00 p.m. - 6:30 p.m.

[Registration Required](#)

Retirement: Your Next Steps

After attending the "Are you Ready to Retire?" session, your next step is to attend a "Retirement: Your Next Steps" information session. This session is best for employees who are within four months of retirement and will guide you through the VRS and LCPS retirement application process.

Thursday, April 27, 2023

5:00 p.m. - 6:30 p.m.

[Registration Required](#)

Find more upcoming sessions and on-demand versions of the presentations on the [VRS Information Session](#) page of our website - found under Retirement Preparation.

If you're retiring at the end of the school year, now is the time to start the process!

Applying for Retirement Webpage



Cigna Office Hours

Get help with your Medical Plan or Flexible Spending Account questions. Schedule a personal appointment with a Cigna Representative!

Wednesday, May 3, 2023

9:00 a.m. – 5:00 p.m.

Phone Appointments

Friday, May 19, 2023

10:00 a.m. - 6:00 p.m.

Phone Appointments

To request an appointment, send an email to

LCPSInquiries@cigna.com and include:

- Date you would like to meet
- Times you are available on that date (provide multiple options, if possible)
- Reason for the meeting (ex: help with a medical claim, learn about the HDHP, FSA question, etc.)

A Cigna Care Advocate will contact you directly to schedule your meeting time.

[myCigna Website](#)

Events and Happenings

Social Security 101: Understanding Your Benefits Webinar - Tuesday, April 25

Social Connections & Overcoming Loneliness Webinar - Wednesday, April 26

Retirement: Your Next Steps Information Session - Thursday, April 27

Cigna Office Hours - Wednesday, May 3

Retirement: Your Next Steps Information Session - Monday, May 8

Mental Health Fair - Saturday, May 13

Cigna Office Hours - Friday, May 19

Events and Happenings

Visit our Employee Benefits Calendar for more information and to register.



Employee Benefits

A pdf of all newsletters can be found on [our website](#).

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🌐 lcps.org/benefits

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